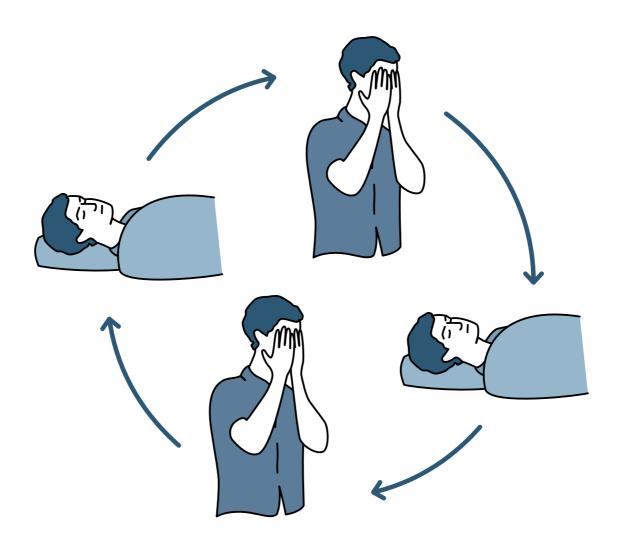
OLEPexpert

Become your own sleep expert.

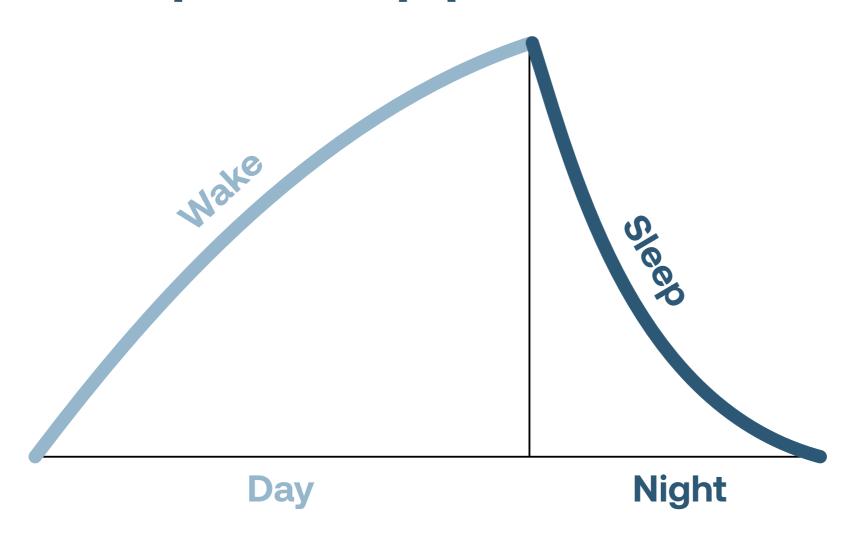
Why is therapy to improve sleep important?

Sleep and health



How is sleep regulated?

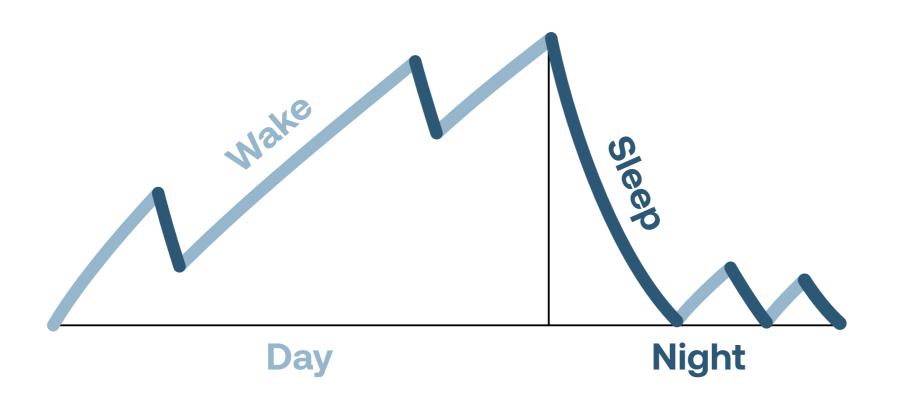
Build-up of sleep pressure





Catching the right sleep pressure...

The problem of prolonged time in bed



Not enough sleep pressure...



How can we determine a sleep window?

1. Duration

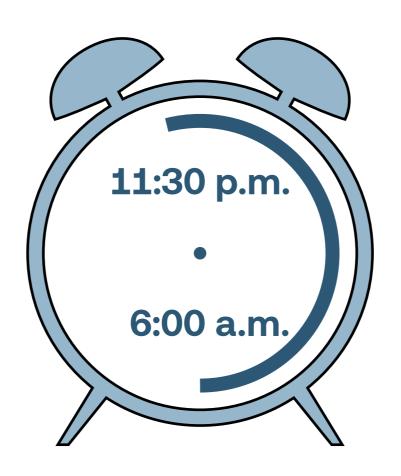


9 hours in bed: disrupted sleep



6.5 hours in bed: improved sleep

2. Timing



Now together: Determine your own sleep window

Sleep diary

OLEEP expert

Please fill-out carefully in the morning!

Date	Prescribed sleep window	When did you go to <u>bed</u> yesterday?	When did you get-up this morning?	In total, how long did you <u>sleep</u> last night?	In total, how long were you <u>awake</u> last night?	Did you nap yesterday? If yes, how long in total?	How satisfied are you with the sleep quality of last night? 5 = very satisfied 4 = satisfied 3 = neutral 2 = unsatisfied 1 = very unsatisfied
26.02.2024	11:30 p.m 6:00 a.m.	11:00 p.m.	6:30 a.m.	6 h 30 min	1 h	30 min	3

Starting today:

- Try to adhere to your sleep window.
- Fill-out your sleep diary every morning.
- Discuss your sleep diary with the team.

Sleep quiz

CORRECT	FALSE	
		Everyone needs 8 hours of sleep.
		Everyone should be asleep before midnight to get restful sleep.
		Prolonged bedtimes should be avoided to promote sleep during the night.
		Whenever the night isn't restful, one should recover by lying in bed for a long period the following day.

Thank you!

OLEEP expert