



Sleep Health Specialists

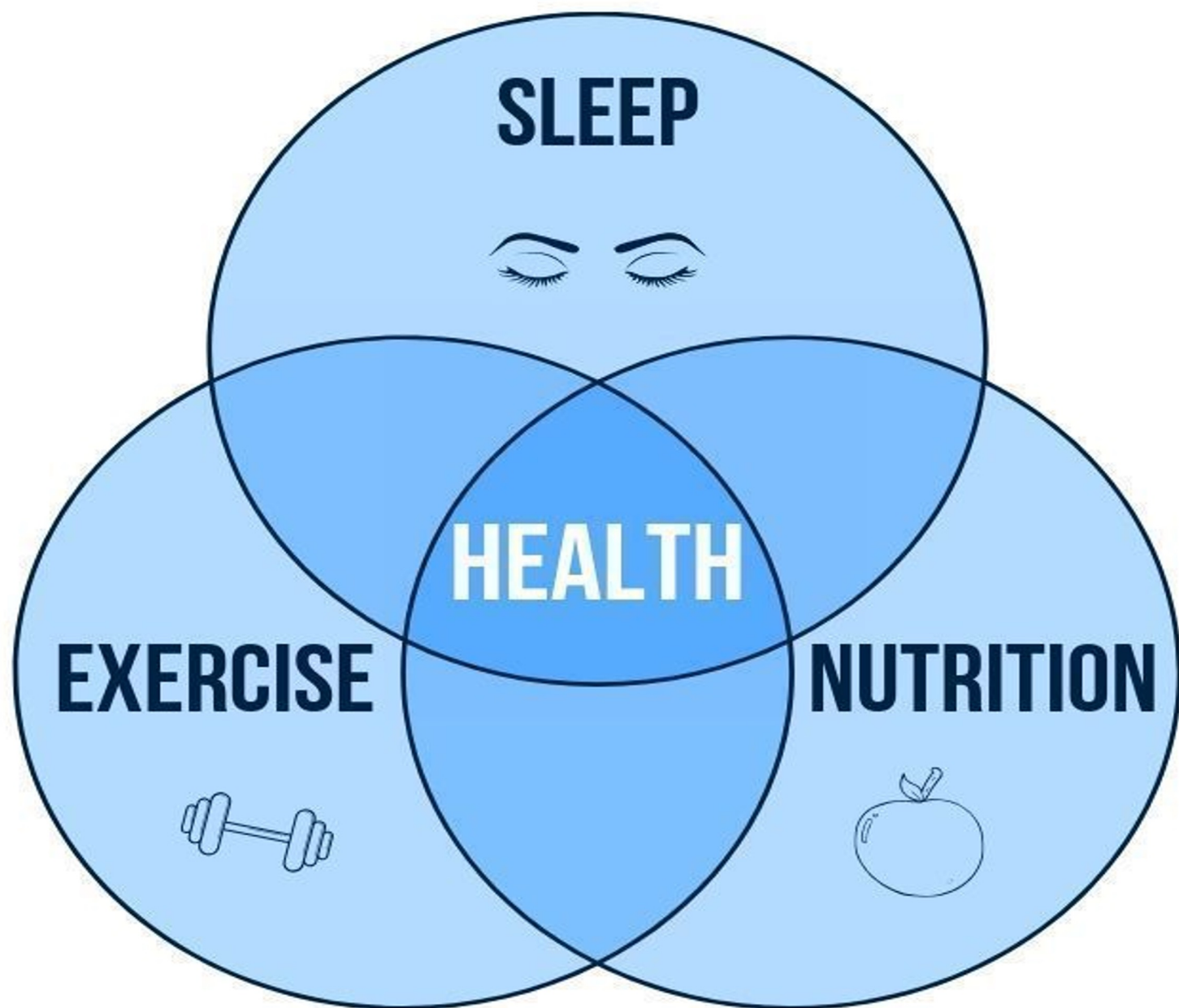
Presenter: Sarah Moe, RPSGT

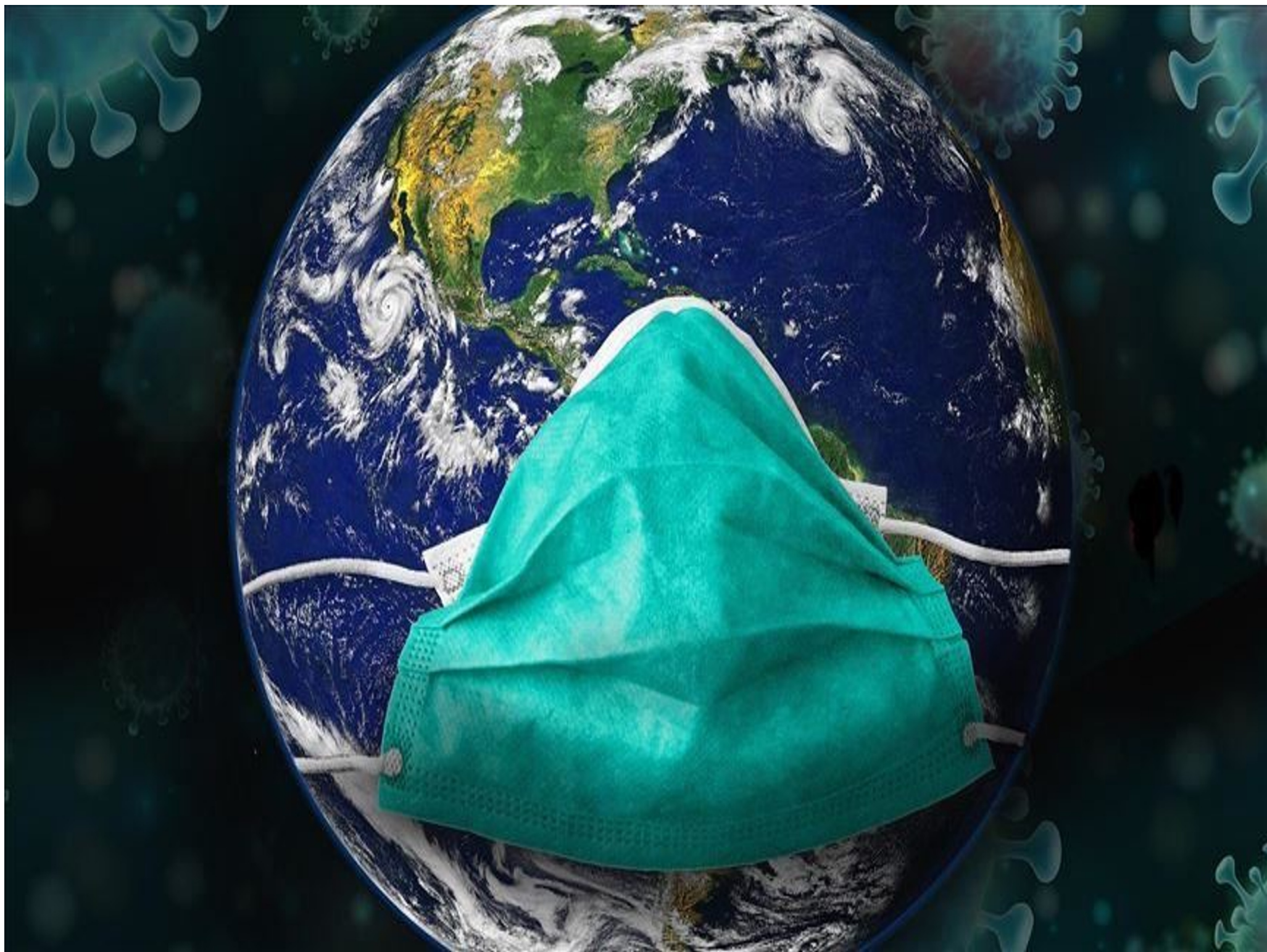
Founder/CEO

www.sleephs.com



"I'LL SLEEP WHEN
I'M DEAD..."

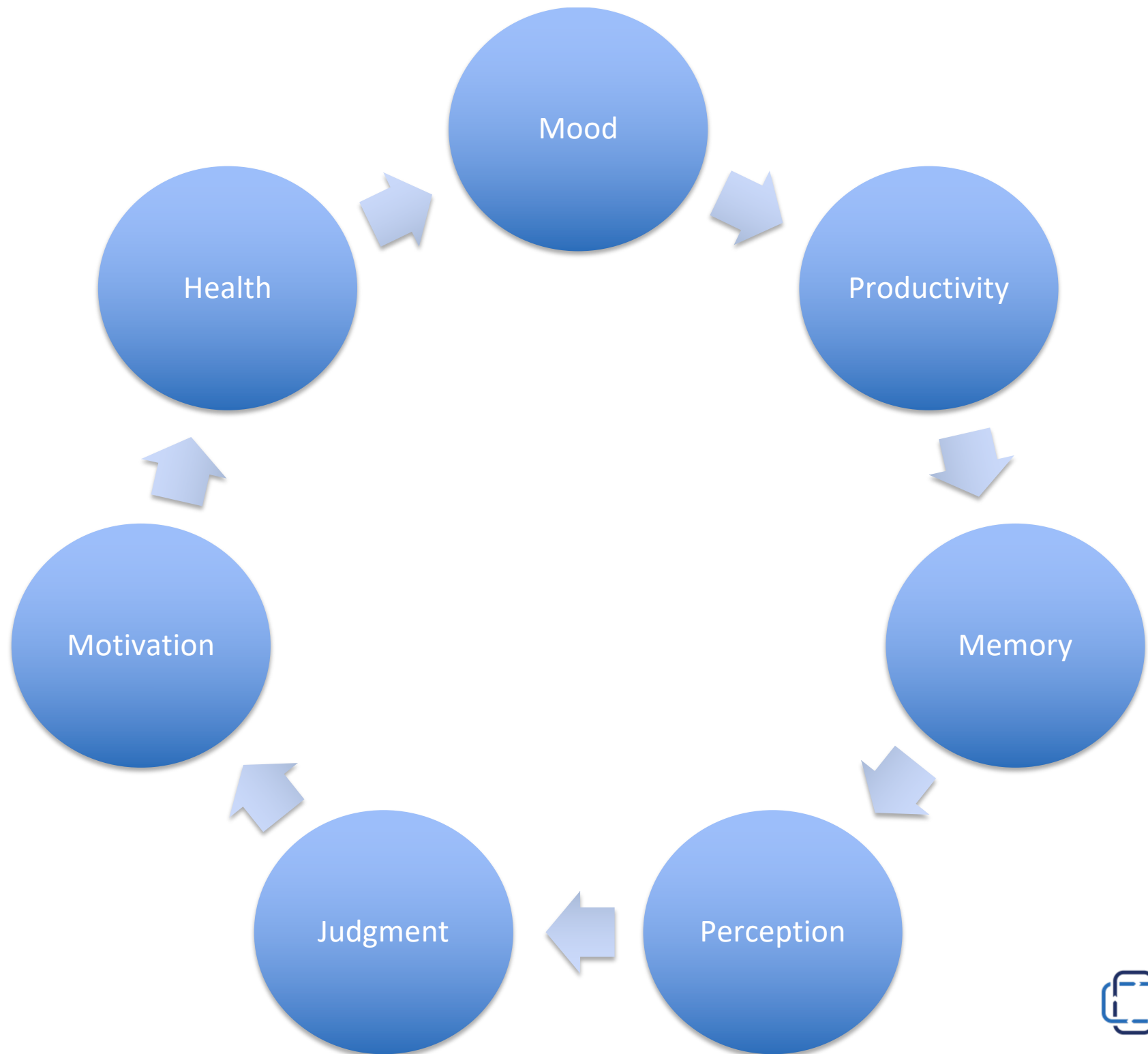








- 86% of the workforce reports fatigue during the workweek
- 40% admit to falling asleep while working once a month
- Women need about 30 more minutes of sleep



A high-angle, top-down photograph of a man and a woman sleeping in a bed. They are lying on their sides, facing opposite directions. The woman is on the left, wearing a white tank top, and the man is on the right, wearing a dark t-shirt. They are both covered by a white, quilted duvet. The bed has a white headboard and is set against a light gray wall. The floor is also light gray. The overall aesthetic is clean and minimalist.

Sleep 101

Full Definition Of Sleep:

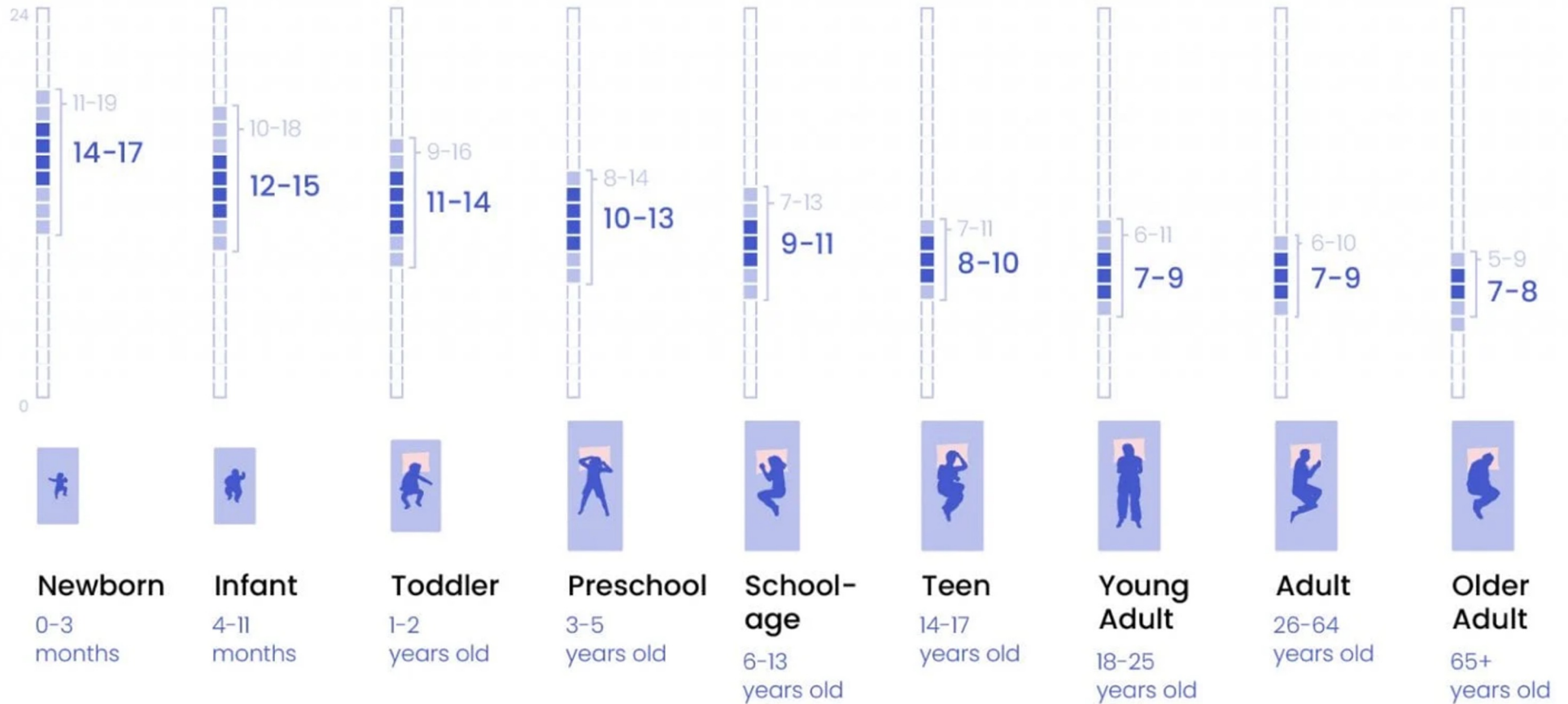
1: The natural, easily reversible periodic state of many living things that is marked by the absence of wakefulness and by the loss of consciousness of one's surroundings, is accompanied by a typical body posture (such as lying down with the eyes closed), the occurrence of dreaming, and changes in brain activity and physiological functioning, is made up of cycles of non-REM sleep and REM sleep, and is usually considered essential to the restoration and recovery of vital bodily and mental functions.

2: A state resembling **sleep**: as a : a state of torpid inactivity b : death <put a pet cat to *sleep*>; also : trance, coma c : the closing of leaves or petals especially at night d : a state marked by a diminution of feeling followed by tingling <my foot's gone to *sleep*> e : the state of an animal during hibernation

3: A period spent **sleeping** b : night c : a day's journey

4: Crusty matter present in the corner of an eye upon awakening

Recommended Hours of Sleep

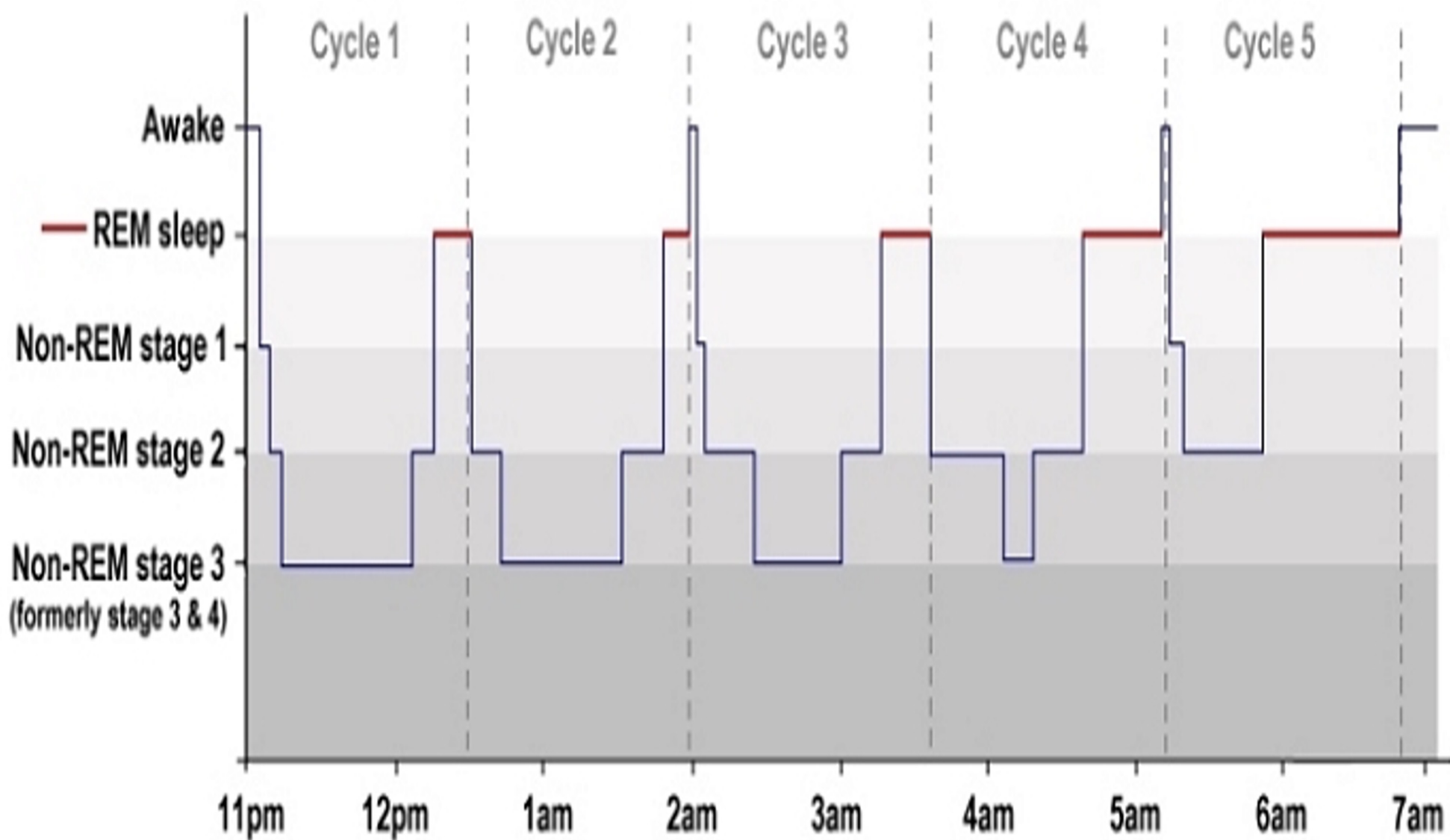


■ Recommended Range of Hours

■ Appropriate Hours of Sleep

□ Not Recommended Range of Hours





A top-down view of a wooden desk. On the left is a notebook with a lined page and a green cover. In the center is a white mug filled with coffee. To the right of the mug are white earbuds. Below the mug is a white computer keyboard. The text "Do & Don't..." is written in a large, black, serif font across the middle of the desk.

**Do &
Don't...**

BEDTIME ROUTINE



SLEEP ENVIRONMENT



EXERCISE



BLUE-LIGHT EXPOSURE



FOOD

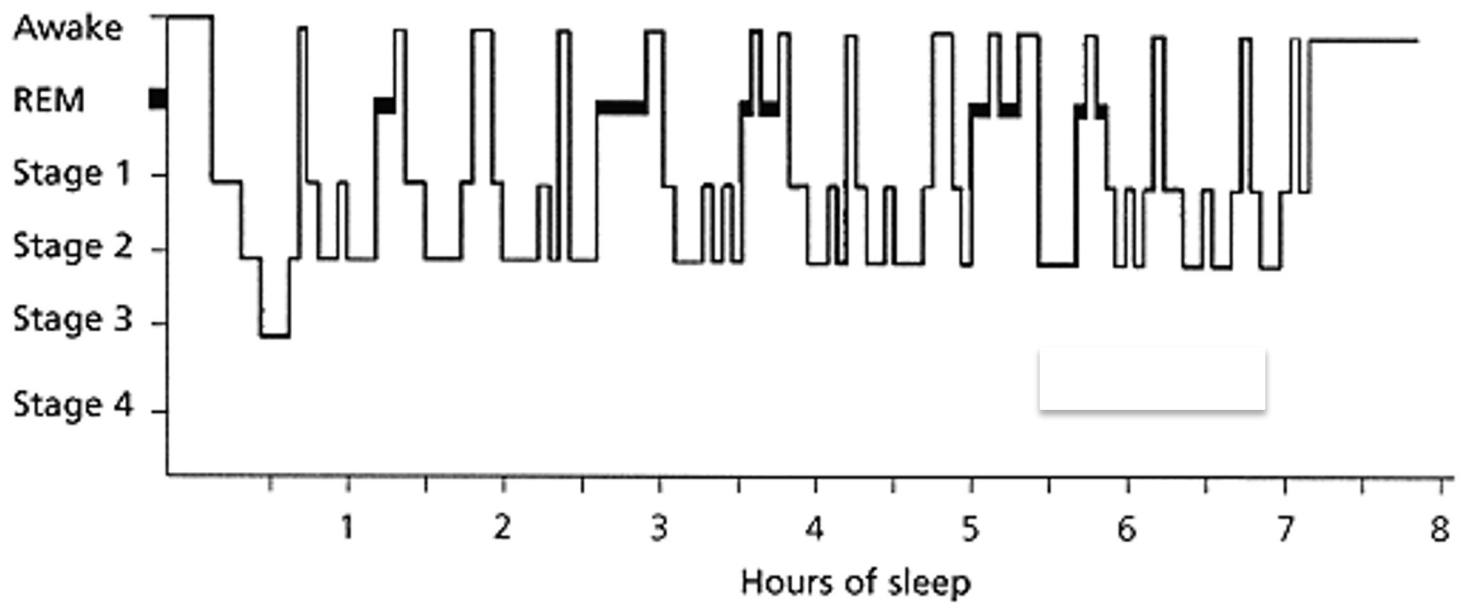
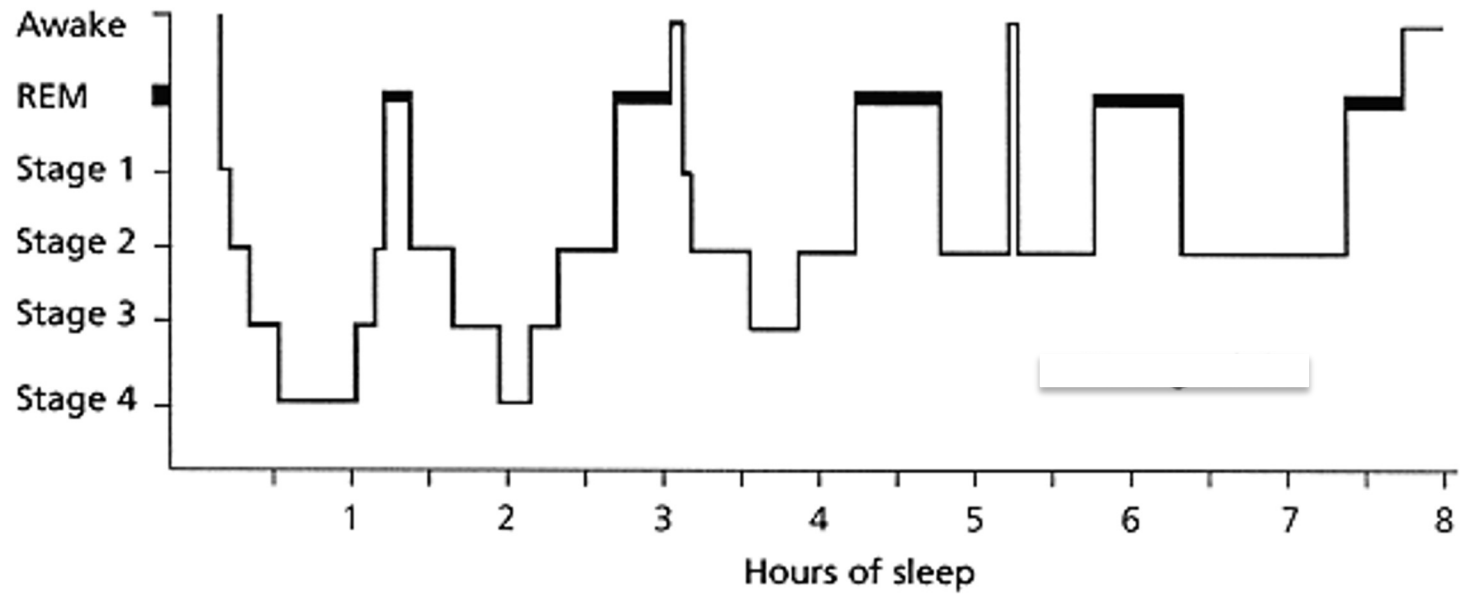


CAFFEINE



ALCOHOL



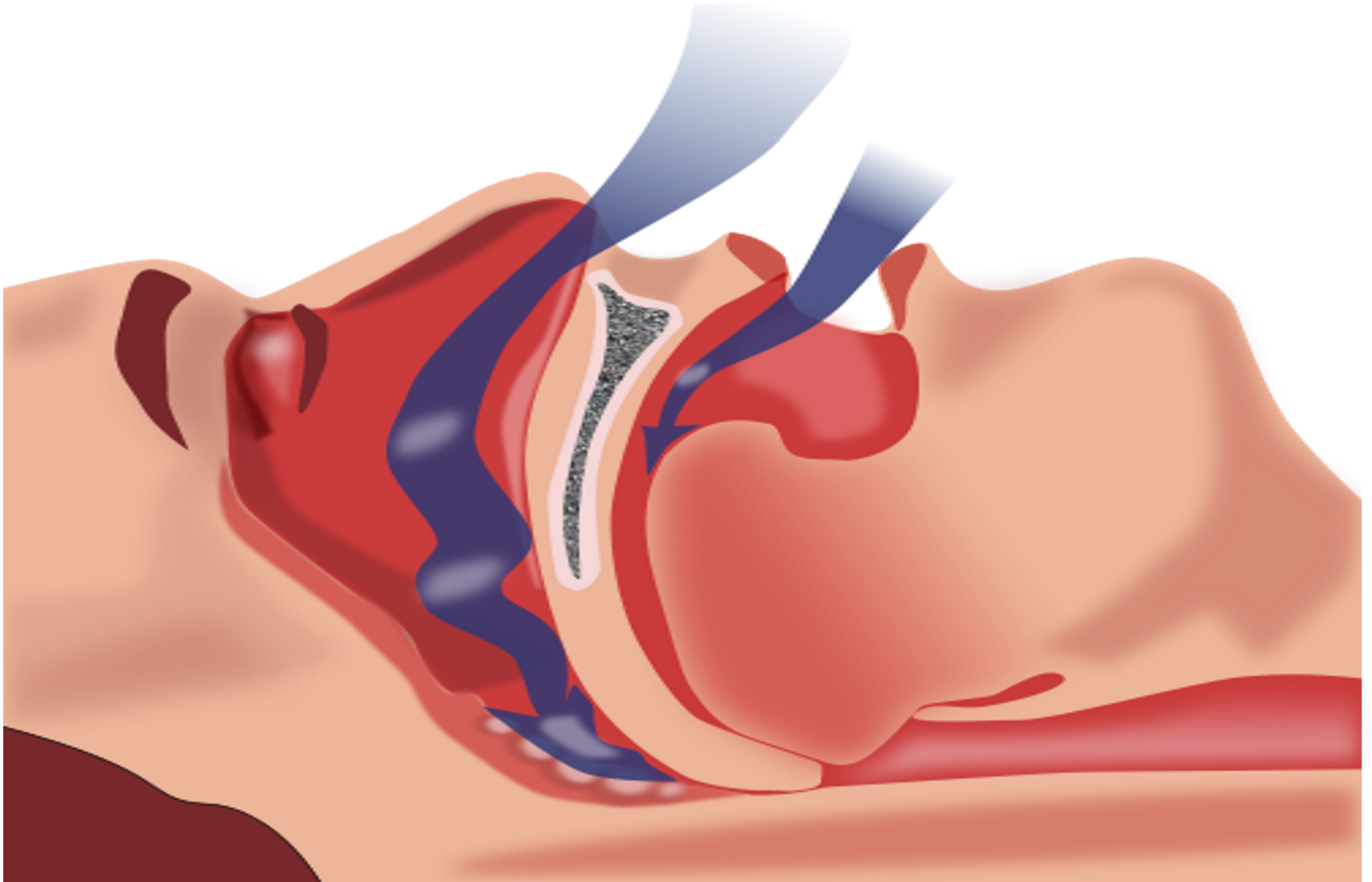




Most Common

- Insomnia
- Restless Legs Syndrome (RLS)
- Obstructive Sleep Apnea (OSA)

Obstructive Sleep Apnea (OSA)



Polysomnogram / Sleep Study

- Primary Physician
- Refer to Sleep Lab
- Set appointment







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