

GOODBYE SCHLAFDAUER!

UNIVERSITÄT LUZERN
Gesundheitswoche Luzern

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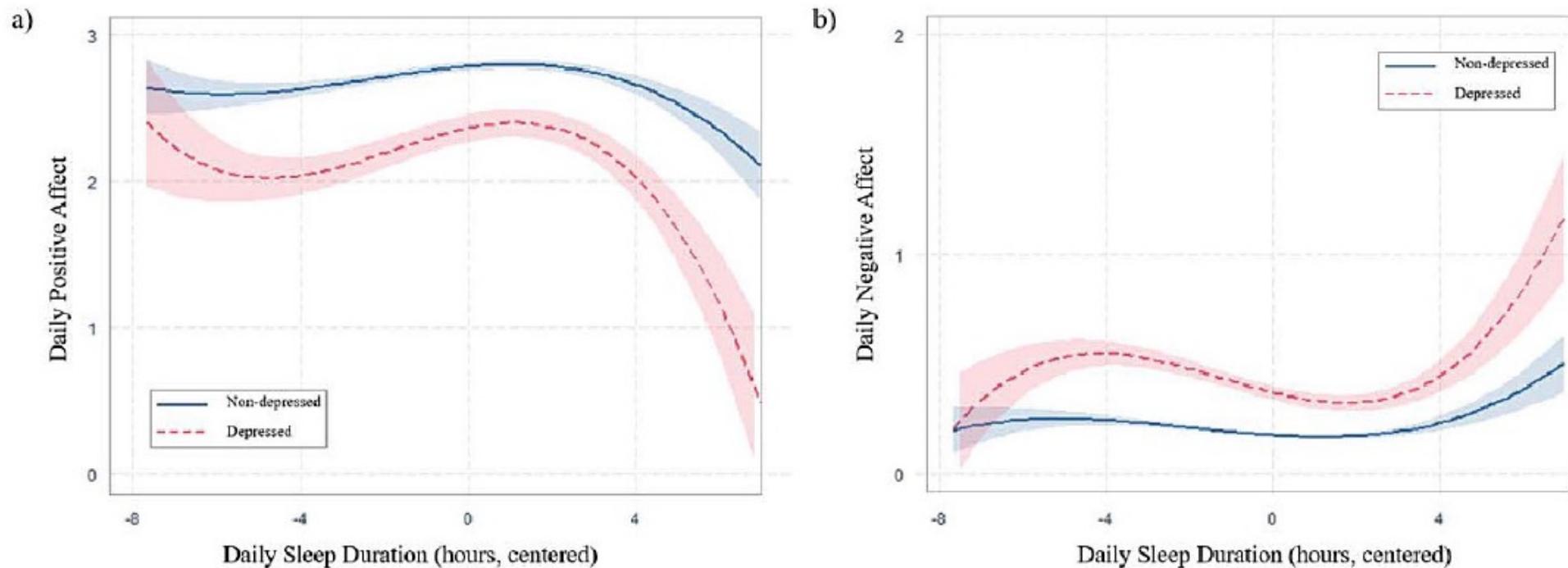


...und Thanatos

Hypnos



Der non-lineare Zusammenhang zwischen Schlafdauer und Befindlichkeit

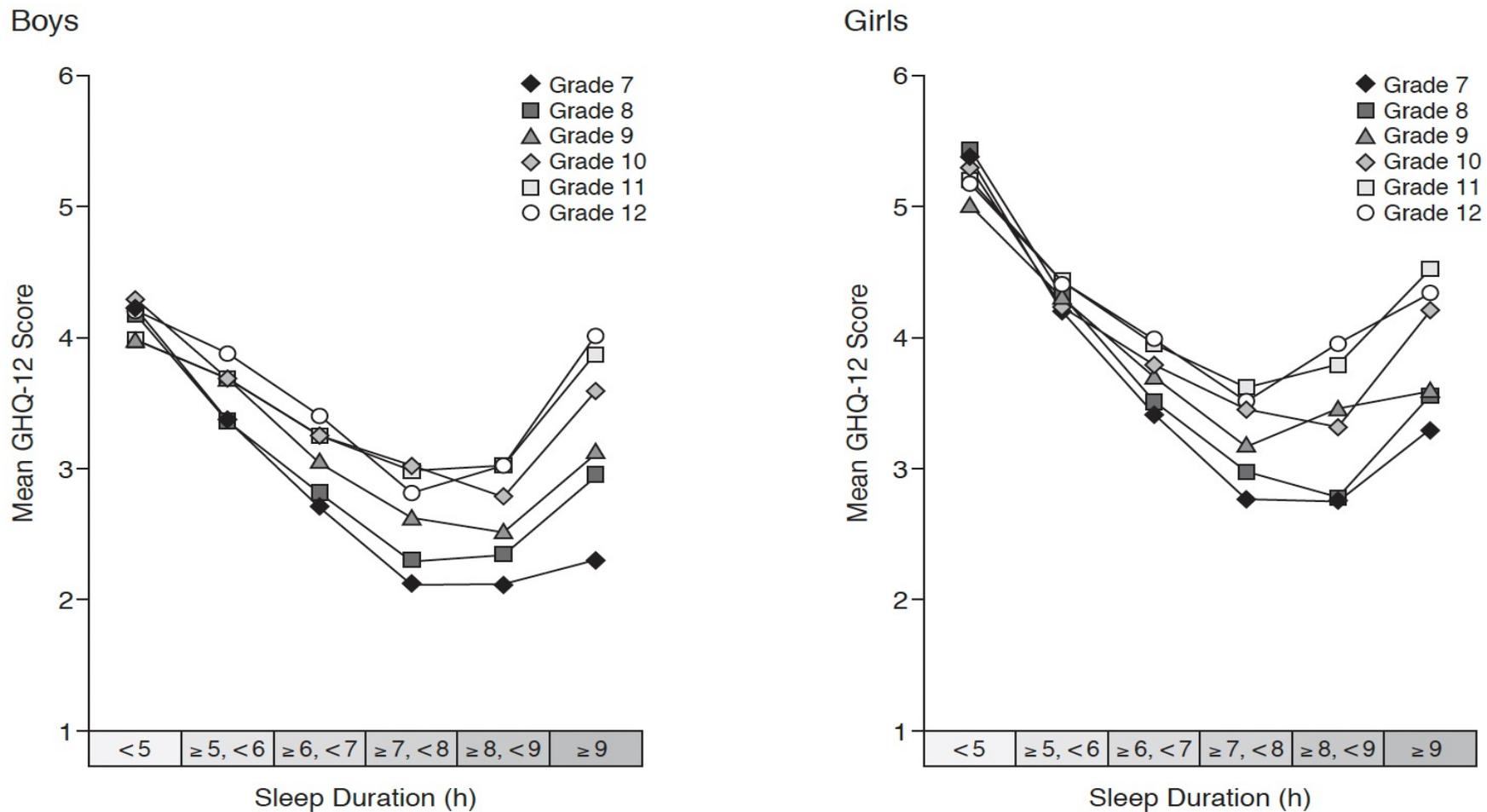


Lee et al 2024 BMC Psychiatry

Allgemeines zum Schlaf; Schlafdauer und Wohlbefinden

Kaneita et al 2007; N = 99,668

Figure 2. Relationship Between Sleep Duration and Mean GHQ-12 Scores by Sex and School Grade^a



^aFor all school grades, a U-shaped association was observed between sleep duration and GHQ-12 score. Abbreviation: GHQ-12 = 12-item General Health Questionnaire.

Schlafdauer und media use; Jugendliche Twenge et al 2017; N = 67,175

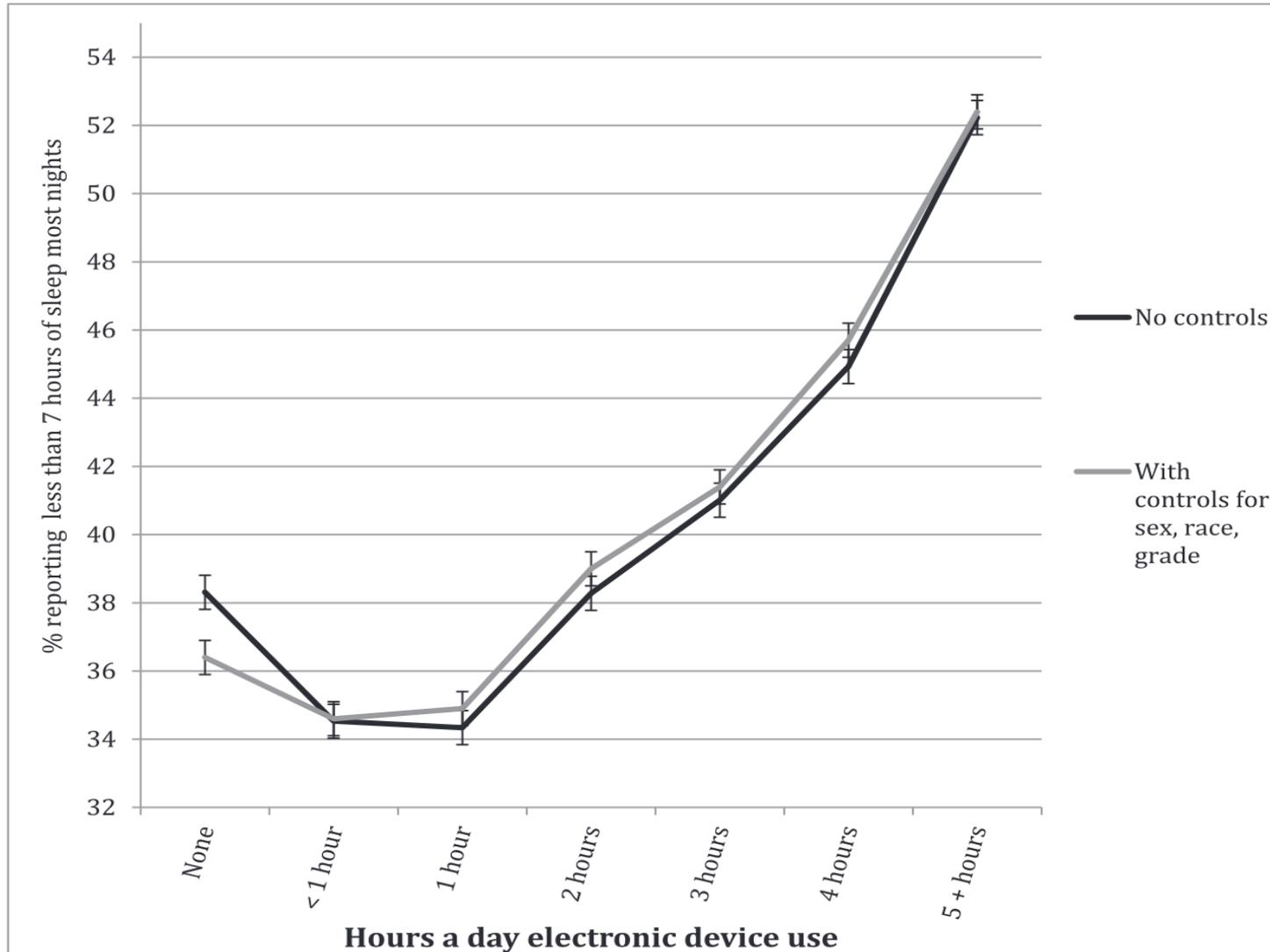


Fig. 3. Exposure—response relationship between electronic device use and self-reported short sleep duration, Youth Risk Behavior Surveillance System, 2007–2015. Notes: 1. Error bars represent ± 1 SE, 2. $n = 67,175$.

Schlafdauer und media use; Jugendliche

Twenge et al 2017; N = 67,175



Wenn nicht Schlafdauer, was dann?

1. **Regelmässigkeit = ‚immer‘ zur gleichen Zeit ins und aus dem Bett**
2. **Schlafdauer; ausprobieren, welche die untere und obere Grenze ist**
3. **Befindlichkeit am Morgen: Stimmung; Erholung; Vitalität**
4. **Tagesbefindlichkeit – Tagesschläfrigkeit**
5. **Aufmerksamkeitsspanne über den Tag – Dauer, Schwankungen**
6. **Qualität der sozialen Interaktionen**

=> Schlaf ist ein aktiver Prozess; eingebettet in 24h

Früher aufstehen lohnt sich!

Morning diurnal preference and food intake: a Mendelian randomization study.

1 Dashti HS, Chen A, Daghlas I, Saxena R.

Cite Am J Clin Nutr. 2020 Nov 11;112(5):1348-1357. doi: 10.1093/ajcn/nqaa219.

PMID: 32860398 **Free PMC article.**

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BACKGROUND: Poor dietary choices may underlie known **associations** between having an evening **diurnal preference** and cardiometabolic diseases. Assessing causal links between **diurnal preference** and food intake is now possible in Mendelian randomizat ...

Exploring the Causal **Association** between **Morning Diurnal Preference** and **Psychiatric Disorders: A Bidirectional Two-Sample Mendelian Randomization Analysis.**

2

Cite

Chen M, Tan DS, Wang X, Ye Z, Xie Z, Zhang D, Wu D, Zhao Y, Qu Y, Jiang Y.

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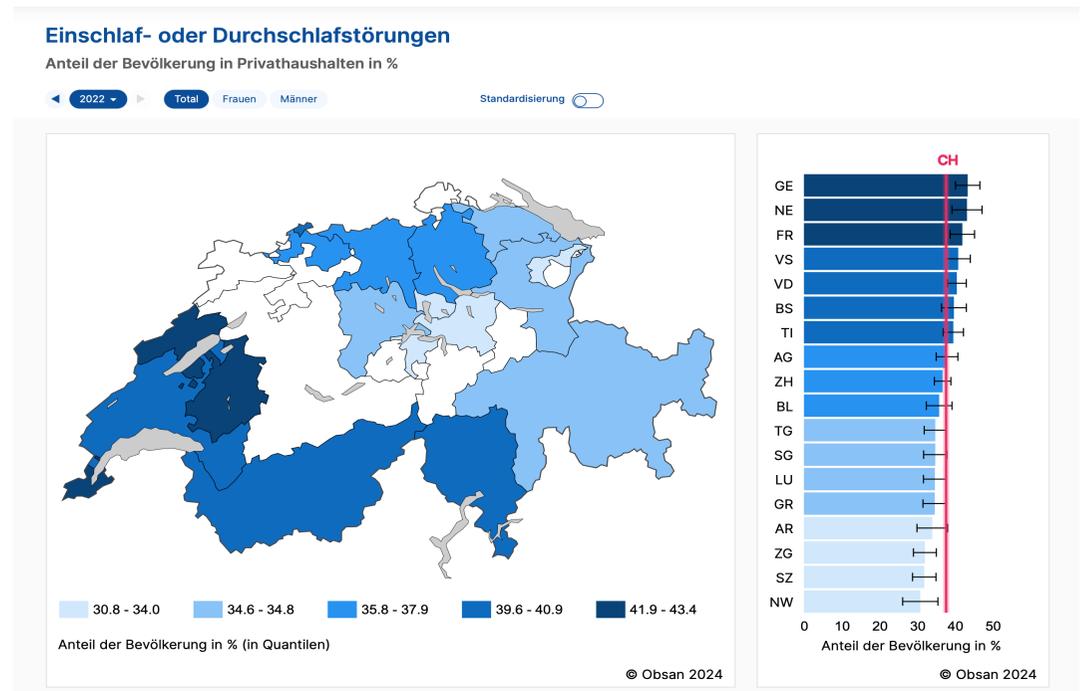
Life (Basel). 2024 Sep 25;14(10):1225. doi: 10.3390/life14101225.

PMID: 39459525 **Free PMC article.**

BACKGROUND: The causal connection between **morning diurnal preference** and psychiatric disorders remains enigmatic. Using bidirectional two-sample Mendelian randomization (MR), we aim to explore the potential causal **associations** between **morning** ...

Schlafstörungen in der CH OBSAN, 2024 (Observatoire Suisse de la Santé)

«Ich lese Ihnen jetzt verschiedene Beschwerden vor. Bitte sagen Sie mir jedes Mal, ob Sie das in den letzten 4 Wochen überhaupt nicht, ein bisschen oder stark gehabt haben:
- Einschlaf- oder Durchschlafstörungen»
Berücksichtigt wurden Personen, die die Frage mit «ein bisschen» oder «stark» beantwortet haben.

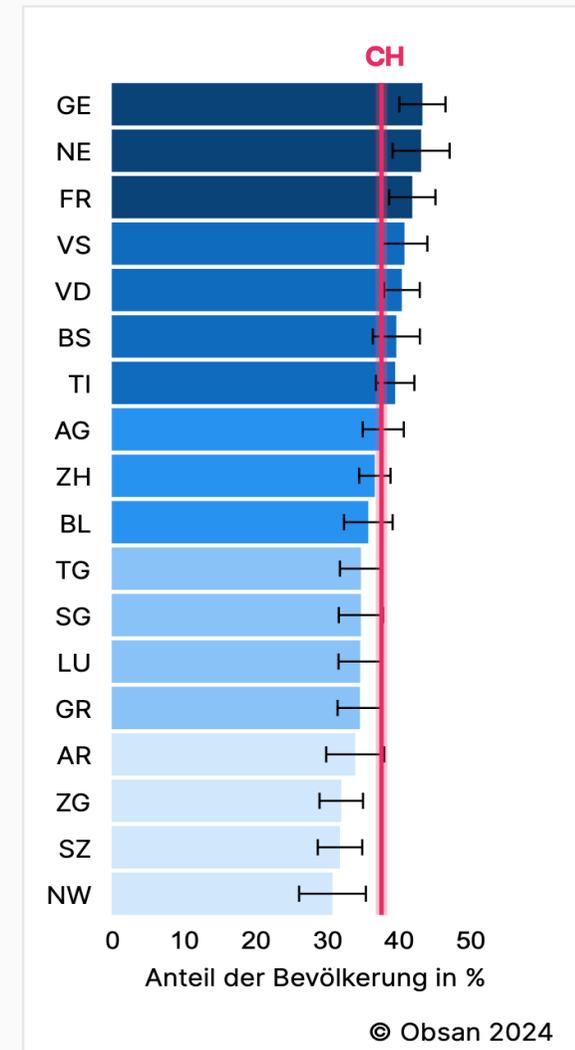
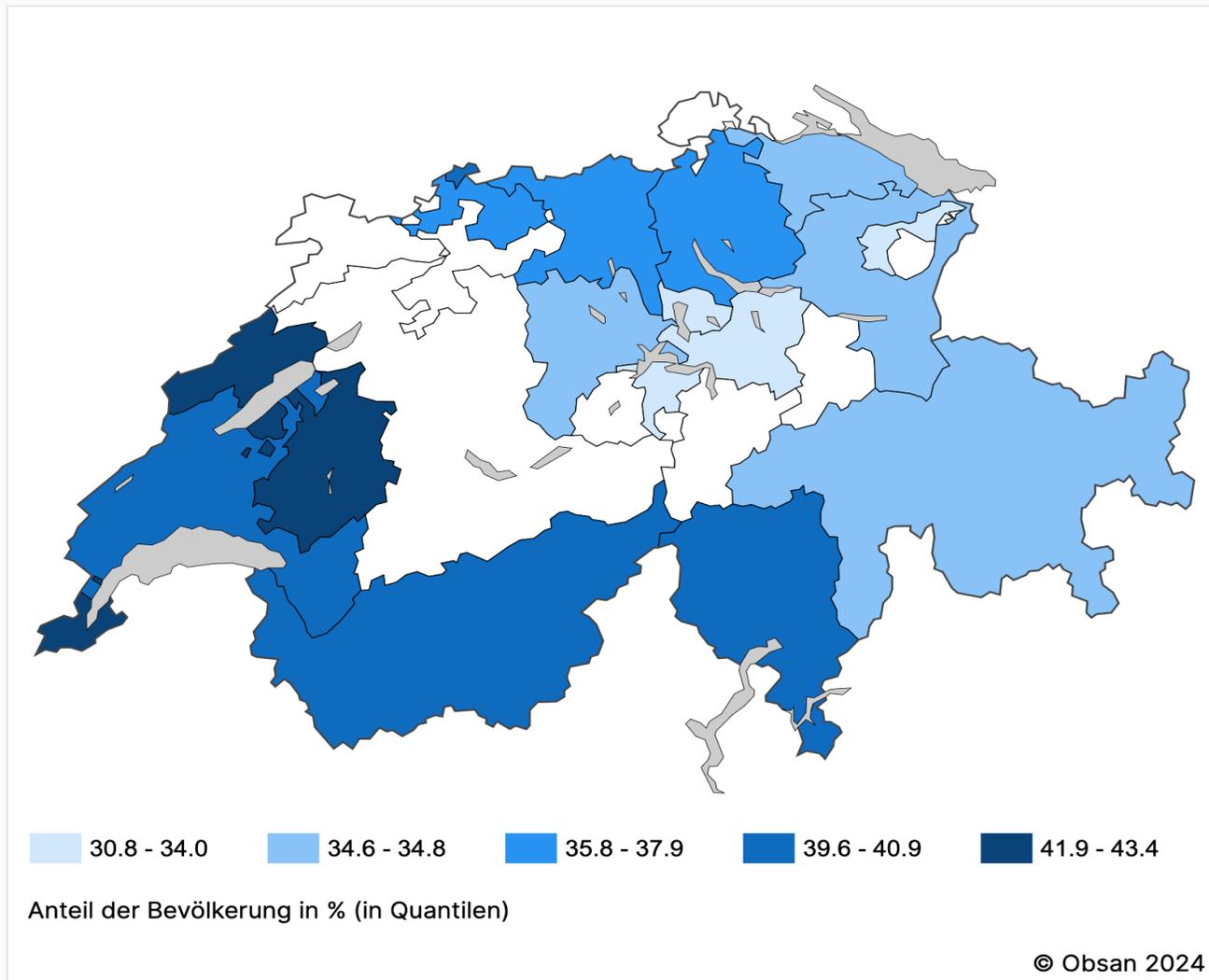


Schlafstörungen in der CH OBSAN, 2024 (Observatoire Suisse de la Santé)

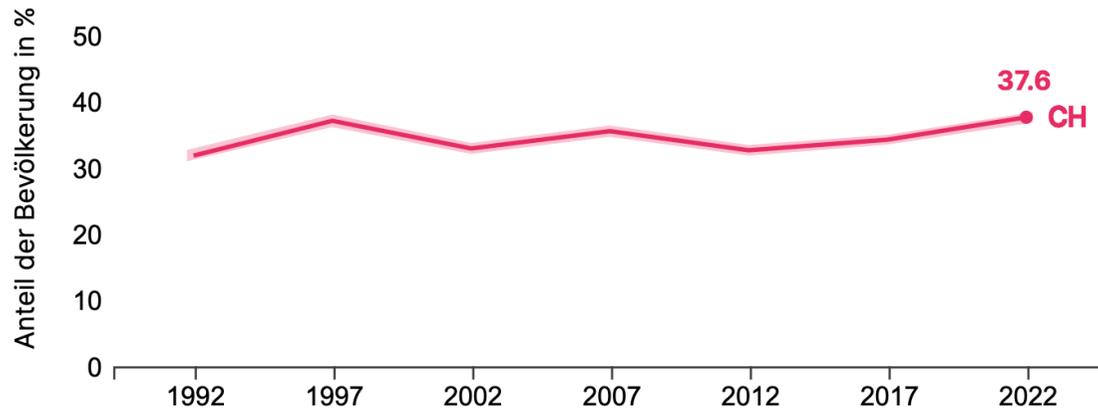
Einschlaf- oder Durchschlafstörungen

Anteil der Bevölkerung in Privathaushalten in %

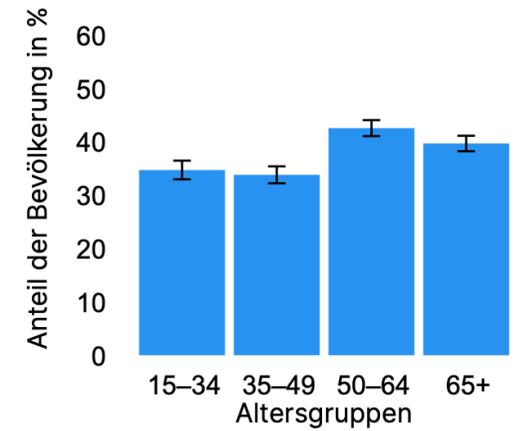
2022 Total Frauen Männer Standardisierung



Schlafstörungen in der CH OBSAN, 2024



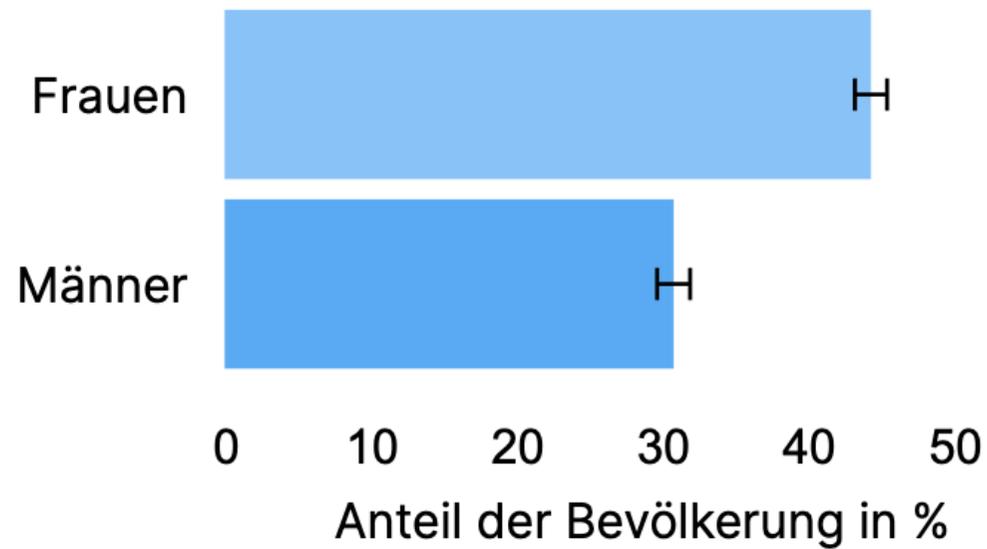
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Schlafstörungen in der CH OBSAN, 2024

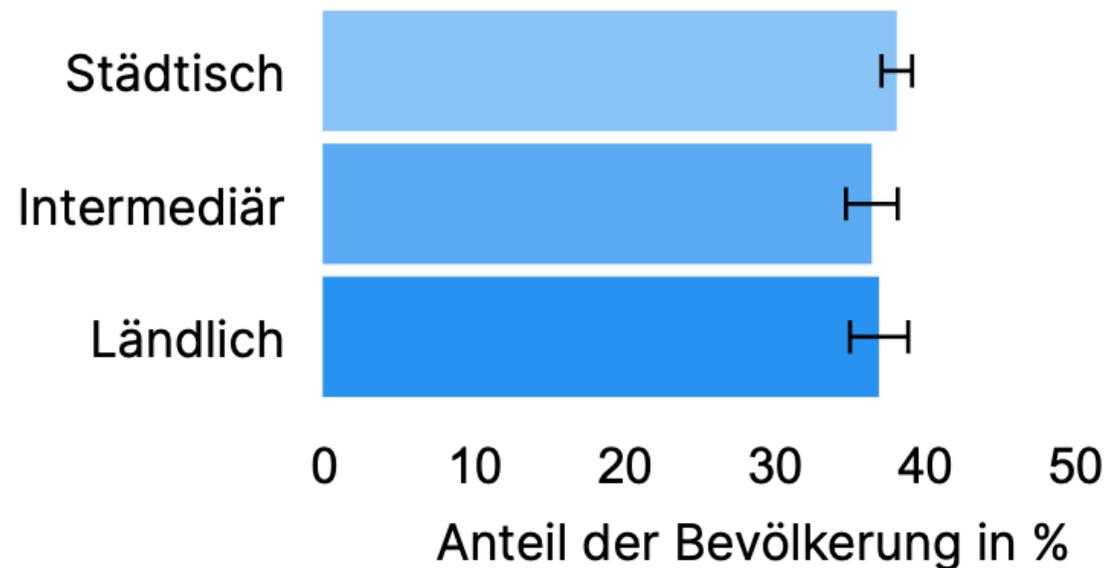
Geschlecht



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Schlafstörungen in der CH OBSAN, 2024

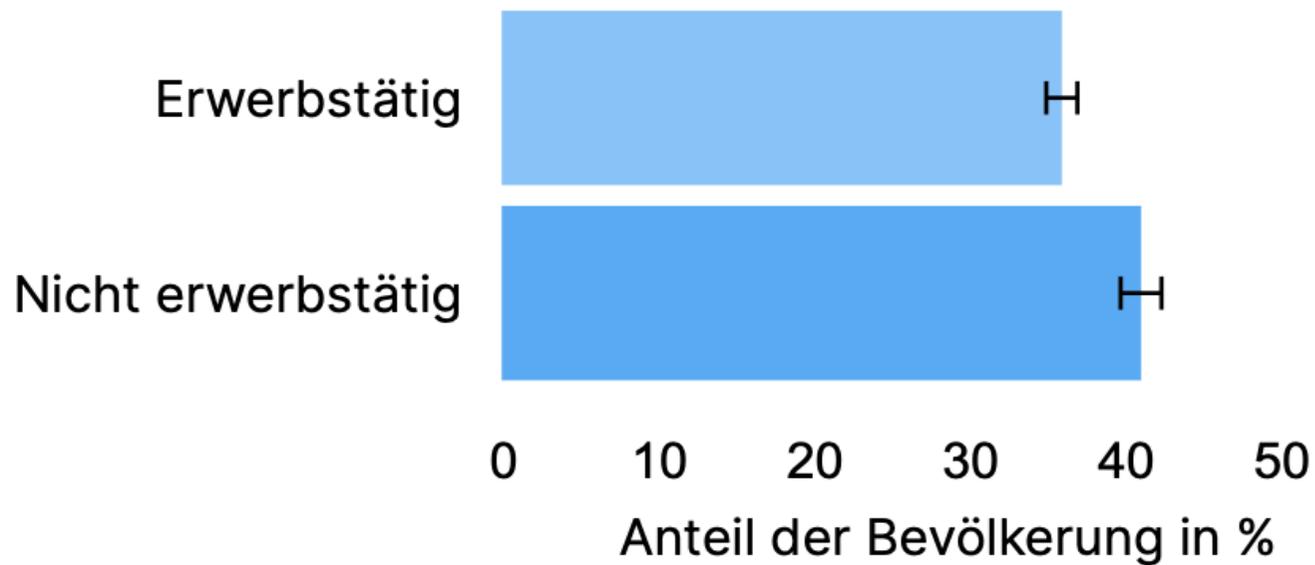
Wohnregion



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Schlafstörungen in der CH OBSAN, 2024

Erwerbstätigkeit



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Risikogruppen

1. **Frauen**
2. **Zunehmendes Alter**
3. **Psychische Belastungen**
4. **Psychiatrische Erkrankungen**

Einteilung der Schlafstörungen nach DSM-5 (Diagnostic and Statistical Manual of Mental Disorders; Am Psych Ass 2013

- 1. Insomnie**
- 2. Hypersomnie**
- 3. Störung des Schlaf-Wach-Rhythmus**
- 4. Narkolepsie**
- 5. Atmungsbedingte Schlafstörungen (Atempausen; schnarchen)**
- 6. Restless Legs Syndrom (RLS)**
- 7. Substanz-induzierte Schlafstörungen**
- 8. Parasomnien**

Ursachen der Schlafstörungen (Hatzinger & Mathis, 2011)

- | | | |
|---------------------|-----|--|
| 1. Psychologisch: | 45% | „Stress“; critical life events, transition |
| 2. Physisch: | 23% | Neurologisch; gynäkologisch |
| 3. Physiologisch: | 19% | Zirkadiane Störungen |
| 4. Psychiatrisch: | 9% | alle |
| 5. Pharmakologisch: | 4% | Medikamente; Bluthochdruck; |

EEG

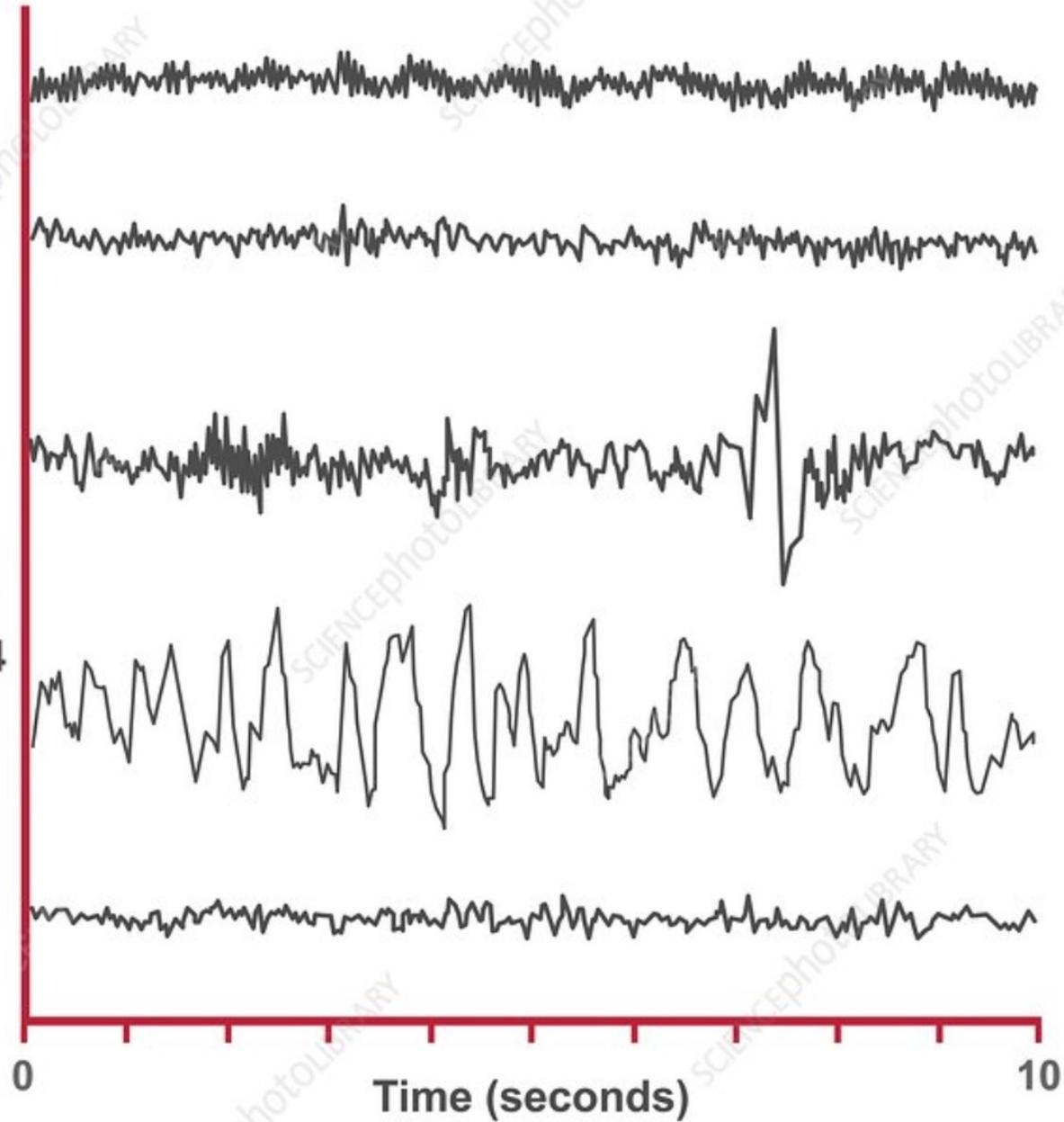
Awake

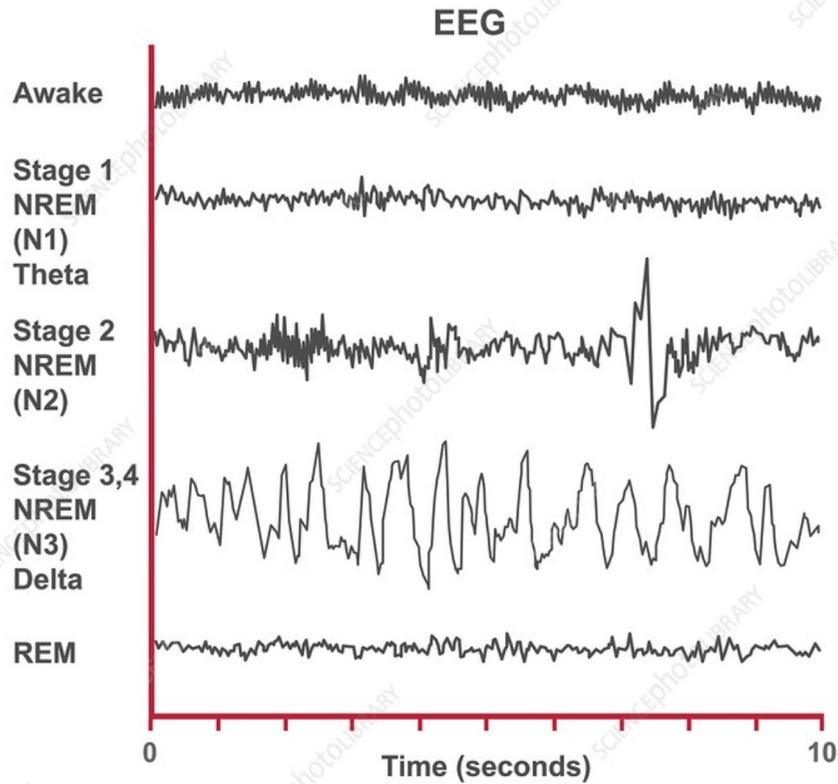
Stage 1
NREM
(N1)
Theta

Stage 2
NREM
(N2)

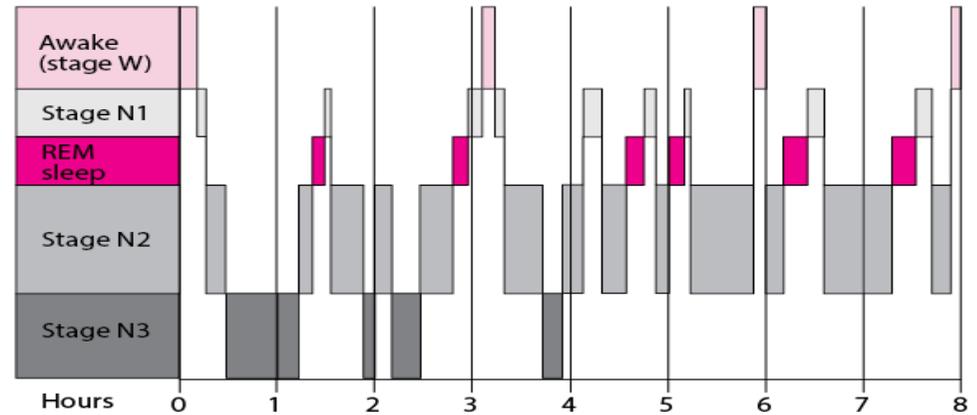
Stage 3,4
NREM
(N3)
Delta

REM





Stages of the Sleep Cycle



People normally cycle through distinct stages of sleep every 90 to 120 minutes during the night. The cycle consists of three stages of nonrapid eye movement sleep (N) and one stage of rapid eye movement (REM) sleep.

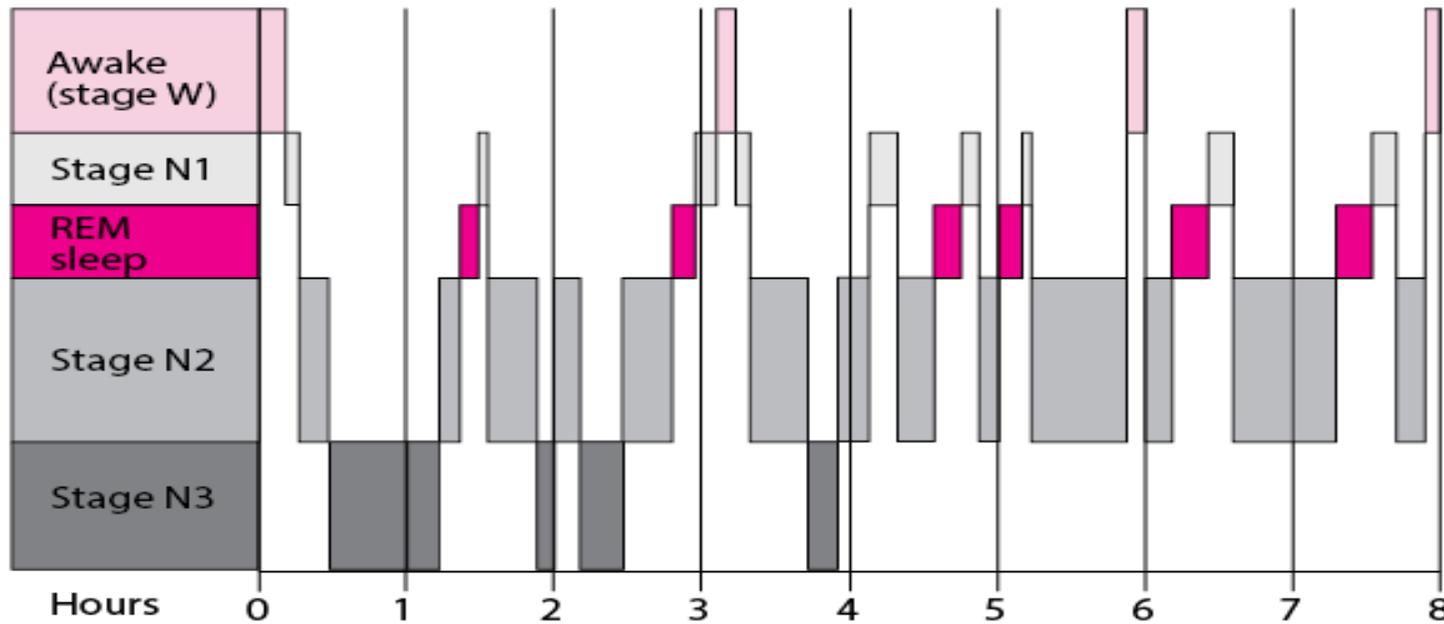
Relatively little time is spent in stage N1 (shallow) sleep. The greatest time is spent in stage N2 sleep. Deep sleep (stage N3) occurs mostly during the first half of the night. More time is spent in REM sleep as the night progresses. Brief awakenings (called stage W) occur throughout the night, but the sleeper is typically unaware of most of them.



Merck Sharp & Dohme Corp., a subsidiary of Merck & Co., Inc., Kenilworth, NJ, USA



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Häufigste Ursachen für schlechten Schlaf (1)

Ursachen	‘Gegengift’
Psychische Belastungen (Stress, Kummer, Ängste, Unsicherheit, uä.)	<ul style="list-style-type: none">• Regelmässig Sport• MBSR; mindfulness-based stress reduction• eCBTi• Psychotherapie• Tagebuch! (siehe nächste Folien)• Mentale Stärke/Resilienz aufbauen• Lassen Sie sich von positiv denkenden Personen inspirieren! Z. B. Frank Caprio; Eckhart von Hirschhausen
Körperliche Schmerzen	Schmerzmittel; CBT

Häufigste Ursachen für schlechten Schlaf (2)

Ursachen	‘Gegengift’
Atempausen	CPAP
Schnarchen	CPAP
Restless Legs Syndrome (RLS) / Periodic Limb Movements (PLM)	SSRI-induced? Dopaminerge Medikamente
„Umwelt“	<ul style="list-style-type: none">• Haustiere aus dem Schlafzimmer!• Kinder? – Keinen falschen Ehrgeiz!• „Augenklappen“• Ohrenstöpsel• Getrennte Betten; ev. getrennte Matratzen• “Schwere Decken“, ca. 15% schwerer• Temperatur; ca. 18°•

Häufigste Ursachen für schlechten Schlaf (3)

Ursachen	‘Gegengift’
Alpträume	CBT, Imagery Rescripting & Reprocessing Therapy
Traumata	EMDR
Altersbedingter Schlafabbau	Az
Psychiatrische Beschwerden	CBT, ev. Medikamente
Medien bis in die Puppen	Screens aus Schlafzimmer verbannen
Essen	5-6h vor dem Schlafen mit Essen stoppen
Medikamente	Ev. Medikamentenwechsel
Substanzen wie Alkohol, Cannabis, Methylphenidat	Grundstörung beheben (CBT); dann Entzug
,....

How to use a journal; expressive writing (Pennebaker 1997, 2018)

STRESS

Keep a journal for mental health

Keeping a journal can benefit your mental health. Anyone dealing with anxiety, depression, bipolar disorder, or just day-to-day stress may find journaling to be a *useful self-care*



How to u

KEEP for m

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with anxiety,
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How to use a journal

Journaling to be
a useful
tool.

There are no right
or wrong ways
to keep a mental
health journal.

Use the journal in
whatever way is
beneficial to you.

Remember that a
journal is a great
tool, but it's not
meant to replace
other forms of
mental health
treatment.

G

1.

2.

3.

4.

How to use a journal

GETTING STARTED

1. Decide if you want to keep a paper or digital journal.
2. Set aside time to write each day. As little as five minutes a day can help, but write longer if you want or need to.
3. Don't worry about spelling or grammar. Your journal is a private outlet to express yourself. How it looks or sounds shouldn't distract from the process of writing.
4. Let your journal be judgment-free. Journaling is a safe space to say whatever you feel you need to say without judgment, even from yourself.

FINDING THE BENEFITS

Try these steps to get the most out of the journaling process:

1. Take time to write whatever is on your mind and any thoughts or feelings you are experiencing.
2. Look back over what you've written and reflect without judgment.
3. Consider what you might tell a loved one if they shared the same thoughts or feelings with you.
4. Reflect on how you could have reacted or responded differently.

MAKING A CHANGE

Journaling can be a powerful tool to create positive change in your thoughts, attitudes, beliefs, and actions. Try these tips:

- Set goals or intentions and use your journal to record your progress or challenges.
- Track the types of stressors you encounter and watch for triggers or patterns.
- Challenge negative thoughts about yourself. Write down your good qualities and celebrate when you make positive choices.
- Write pros and cons lists to help you make decisions.

Kognitive Umstrukturierung

- 1. Ich kann nicht durchschlafen**
- 2. Mir ist gekündigt worden**
- 3. Meine Knie sind kaputt; ich kann nicht mehr joggen**
- 4. Ich muss mich um meine kranken Kinder kümmern**
- 5. Ich muss mich um meinen kranken Vater kümmern**
- 6. Mir wurde die Wohnung gekündigt**
- 7. Mein Arbeitsplatz ist purer Stress**
- 8. Die Schule sollte viel später beginnen!**

Gratitude – Dankbarkeit (abends, vor dem Einschlafen)

Ich bin dankbar, dass....

1.
2.
3.
4.
5.

Mut einflössende Bücher

Schiraldi GR. 2017. The Resilience Workbook. Essential skills to recover from stress, trauma, and adversity. New Harbinger Publications Inc., Oakland CA, USA

Zahariades D. 2020. The mental toughness handbook. Art of Productivity. Las Vegas NV, USA

Zahariades D. 2022. The art of letting go. How to let go of the past, look forward to the future, and finally enjoy the emotional freedom you deserve. Art of Productivity. Las Vegas NV, USA

Backhaus J & Riemann D. 1996. Schlafstörungen gewältigen. Göttingen, Hogrefe.

Mut einflössende Persönlichkeiten



Ihre Fragen



My affiliations

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Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Eidgenössisches Departement für Verteidigung,
Bevölkerungsschutz und Sport VBS

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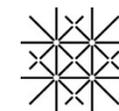


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