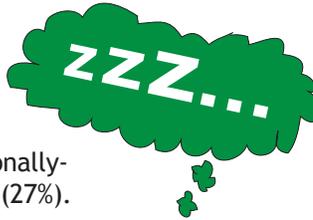


HAPPY HOLIDAYS

Stressing About the Holidays? How it Affects Sleep



Twenty percent of Americans say they expect to lose sleep over the coming weeks due to holiday stress. Seasonally-induced insomnia is even higher for mothers and fathers (27%).

Compounding that anxiety, if not the source of it, are concerns over seasonal expenses. Forty two percent of parents say they are stressing over being able to pay holiday bills this year.

And perhaps the biggest cause of insufficient sleep? That would be staying up late the night before gift-giving. One in two parents (52%) say they will likely get six or fewer hours of sleep that night - despite those “easy-to-assemble” assurances on the box.

“Kids may have visions of sugarplums dancing in their heads over the holidays, but for many adults, the season can be a time in which some year-end anxiety can climb down the proverbial chimney,” said Dan Schechter, vice president of consumer products at Carpenter Co., and creator of SleepBetter.org. “The combination of excitement and stress can play havoc with our sleep patterns, and so what starts out as a season of great joy can often end up as a season of great exhaustion. That’s why ‘get to bed earlier’ often finds itself on many people’s list of New Year’s resolutions.”

For many Americans, however, the holidays are a time to catch up on their shut-eye. Two in five survey respondents (41%) say they typically get a chance to sleep in over the holidays, with 23 percent finding time for a nap. For a small percentage of the population (5%), “sleep and rest” is what they look forward to most over the holidays. “Being with family” was the most popular response at 79 percent.



21% say they actually sleep better over the holidays.

12% of women say they sleep worse vs. **5%** of men.

41% of Hispanics are worried about affording the holidays this year vs. **35%** of Non-Hispanics.

41% of all respondents say they get to sleep in over the holidays, but only **22%** of those over age 55 do.



SleepBetter.org Survey: Holiday Stress Keeping One in Five Americans Awake. Retrieved from <https://sleepbetter.org/sleepbetter-survey-shows-holiday-stress-keeping-one-in-five-americans-awak/>



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See calendar on other side to see what is going on this week

5 Ways to Ease Holiday Anxiety Before Bed

When holiday stress and anxiety mount during the holidays, it can be hard to fall or stay asleep. But good-quality shuteye can calm frazzled nerves. Use these five stress-easing strategies to decompress before you go to bed.

Clear your worries from your mind. At least an hour before bed, make a list of your holiday concerns. Then, put those worries out of your mind before you climb into bed.

Breathe away your anxieties. Spend a few minutes doing deep breathing exercises to release stress and reduce tension.

Use aromatherapy. The scents of lavender, chamomile, bergamot, and sandalwood can help relieve anxiety and stress. You can harness this effect by giving your pillow a light spritz with a linen spray or placing a drop or two of one of these essential oils on a cloth on your nightstand.

Put yourself in a positive frame of mind. Spend a few minutes thinking about five good things that happened today or who or what you’re grateful for. Or spend five to 10 minutes doing mindfulness meditation.

Get out of bed. If you’re too agitated to sleep, go to another room and read a calming book, drink some herbal tea, listen to soothing music, or practice yoga.

5 WAYS TO EASE HOLIDAY ANXIETY BEFORE BED. Retrieved from <https://www.sleepfoundation.org/sleep-disorders-problems/5-ways-ease-holiday-anxiety>

A Personal Message From Your Health Promotion Health Myth Busting Team



Dear Health Myth Busters,

I work in a high tempo maintenance shop with staff shortages due to recent turnover. Not only is my job stressful, but I am also having periodic bouts of insomnia. Could there be a connection between the two?

Sincerely,
Too Stressed to Sleep

Dear Too Stressed to Sleep,

There may be a connection between the insomnia you’re experiencing and the stress caused by your job. Not all insomnia is due to stress, but people who are under considerable stress can have insomnia. In the case of insomnia related to stress, alleviating the stress should alleviate the insomnia. Stress causes insomnia by making it difficult to fall asleep and stay asleep, and affecting the quality of your sleep. Stress causes hyperarousal, which can upset the balance between sleep and wakefulness. However, many people under stress do not have insomnia.

As with any symptom, an important question to ask is “when did it start?” Does the sleep problem come and go with the occurrence and disappearance of stress or does it persist through all the changes of one’s life? That is, is it situational? Also it is helpful to clarify what one means by stress. For example, are you frequently anxious whether or not you are under unusual stress? Is it hard for you to “wind down” at the end of the day? Once you’ve answered these questions, there are solutions you can consider to help overcome insomnia caused by stress.

Insomnia caused by various stress factors can be prevented and managed by managing everyday life habits. The management of day-to-day lifestyle in physical aspect includes regular and balanced meals, balanced physical activity by incorporating moderate intensity aerobic physical activity for about 30 minutes, 3-4 times a week into your routine, and induced body rest and relaxation.

Most of all, goal-setting, continuing to make constant efforts toward the goals, accepting the fact that no one is perfect, and doing one’s best can help overcome insomnia caused by stress. Talk to your provider or schedule an appointment with the sleep clinic to discuss your insomnia if the problem persists.

Sincerely,
Health Myth Busters

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you “Bust The Myths!” Send your questions to usaf.jbsa.afmoa.mbx.hpo@mail.mil. Make sure to include in the subject line “Health Myth Buster.” For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>

Community Events

HERE’S WHAT’S GOING ON WHERE YOU LIVE

Your Local Health Promotion Office



Contact:

Phone:

Email:

Monday	Tuesday	Wednesday	Thursday	Friday