

GMCA Skills for Growth: Blue Light Academy

Seetec
OUTSOURCE

Working together to unlock potential



SHIFT WORK SLEEP MENTAL HEALTH & WELLBEING

MODULE TWO



**SKILLS FOR
GROWTH**

DOING THINGS DIFFERENTLY FOR
GREATER MANCHESTER'S **WORKFORCE**



European Union
European
Social Fund



1:1 Private Consultation

SHIFT WORK SLEEP MENTAL HEALTH & WELLBEING

MODULE ONE



Mental Health & Sleep Meditations



▶ Medital Hypnosis Stress Recovery

100 Downloads



3:05 / 7:17:19 100 Downloads

60 minute deeply restorative hypnosis mindfulness exercise.
Supports mental and physiological stress recovery.

Non Sleep Deep Relaxation (NSDR) a 10 minute mindfulness exercise to
calm and soothe the nervous system and reduce physiological stress.

SHIFT WORK SLEEP

MENTAL HEALTH & WELLBEING

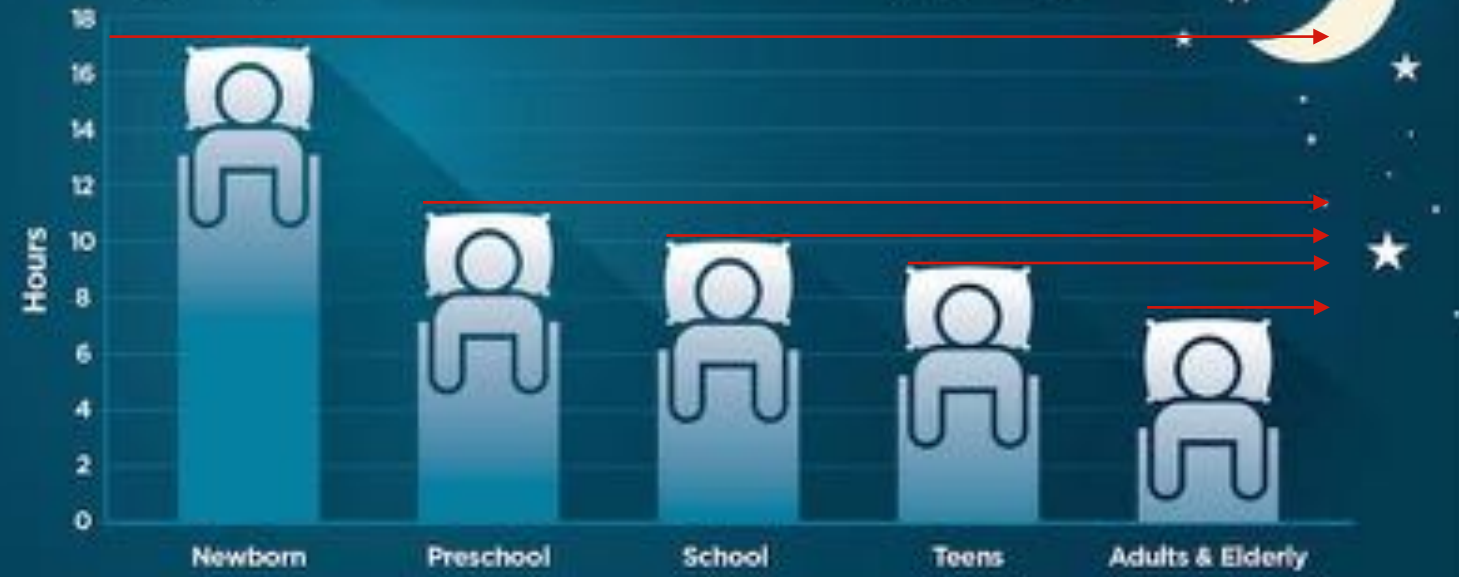
MODULE TWO AGENDA:

- The 5 stages of sleep
- Sleep chronotypes
- Circadian rhythm & shift work
- Sleep drive & adenosine
- Sleep anxiety & mental health

* 30 minutes per day is allocated to trying new sleep and mindfulness techniques

How Much Sleep?

Recommended Hours of Sleep per Night



SHIFTWORK CLASSIFICATION



The term shift work refers to any work schedule that falls outside the hours of 7am - 6pm daily.

It can include evening, night, and early morning shifts, as well as fixed or rotating schedules.

Rotating shifts require workers to continually readjust their day/night schedule every week or month and can cause distress and disruption to the circadian rhythm, the body's natural wake/sleep cycle.

The diagram features a light blue background with a central white rectangular box containing the text "De-synchronised". Behind this box, three red waveforms are visible. The top waveform is a low-frequency sine wave with approximately 4.5 cycles. The middle waveform is a higher-frequency sine wave with approximately 8 cycles. The bottom waveform is a very high-frequency sine wave with approximately 16 cycles. The waves are vertically offset from each other, and their phases do not align, illustrating a lack of synchronization.

De-synchronised

MAJOR SLEEP DISORDERS



1. INSOMNIA



2. HYPERSOMNIA



3. CIRCADIAN RHYTHM SLEEP DISORDERS:

- DELAYED SLEEP SYNDROME
- ADVANCED SLEEP-WAKE PHASE DISORDER
- IRREGULAR SLEEP-WAKE RHYTHM DISORDER
- JET LAG
- NON-24-HOUR SLEEP-WAKE RHYTHM DISORDER
- SHIFT WORK DISORDER
- OTHER CIRCADIAN RHYTHM SLEEP DISORDERS



4. PARASOMNIAS:

- SLEEP TERRORS
- SLEEPWALKING (SOMNAMBULISM)
- CONFUSIONAL AROUSAL
- SLEEP-RELATED EATING DISORDER
- NIGHTMARE DISORDER
- RECURRENT ISOLATED SLEEP PARALYSIS
- REM SLEEP BEHAVIOR DISORDER (RBD)
- EXPLODING HEAD SYNDROME
- SLEEP ENURESIS (BEDWETTING)
- SLEEP-RELATED HALLUCINATIONS
- SLEEP-RELATED GROANING (CATATHRENIA)
- SEXSOMNIA



5. SLEEP-RELATED BREATHING DISORDERS:

- OBSTRUCTIVE SLEEP APNEA (OSA)
- CENTRAL SLEEP APNEA
- COMPLEX SLEEP APNEA SYNDROME

6. PERIODIC LIMB MOVEMENT DISORDER (PLMD)

7. RESTLESS LEG SYNDROME

8. NARCOLEPSY



Circadian Rhythm

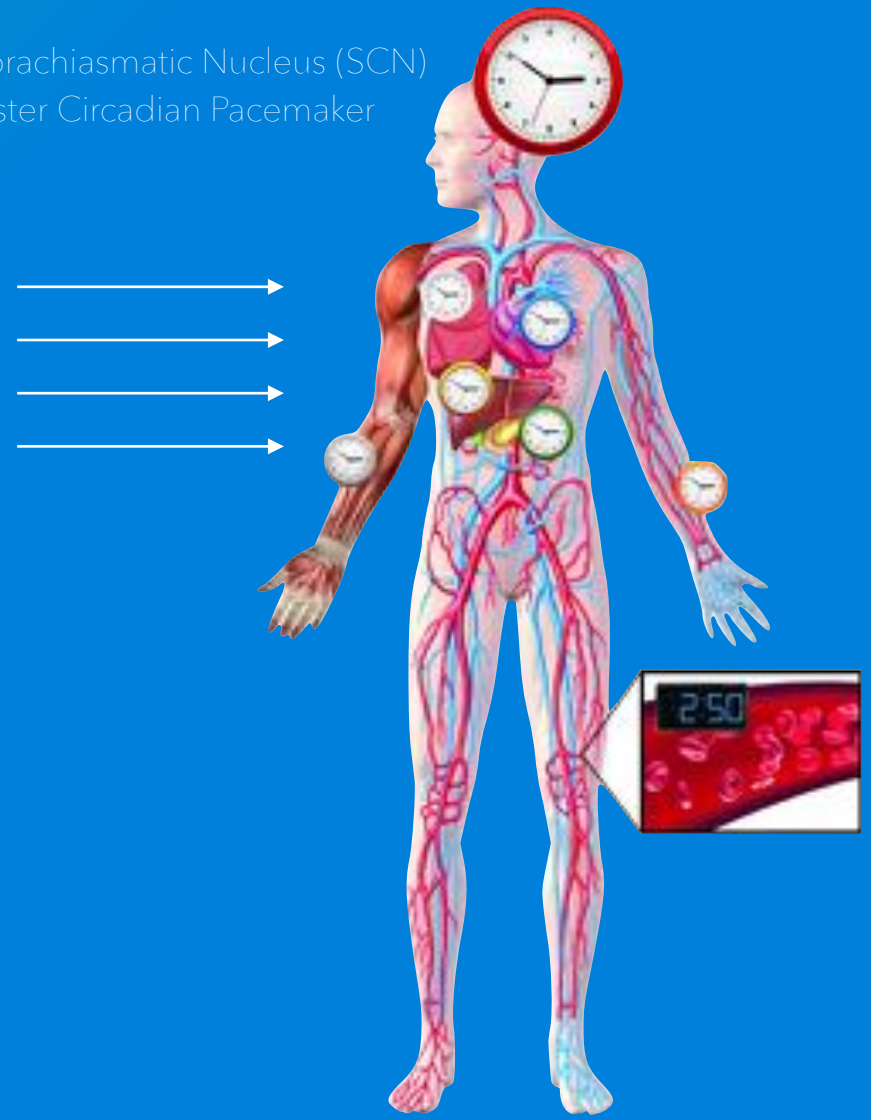
Day

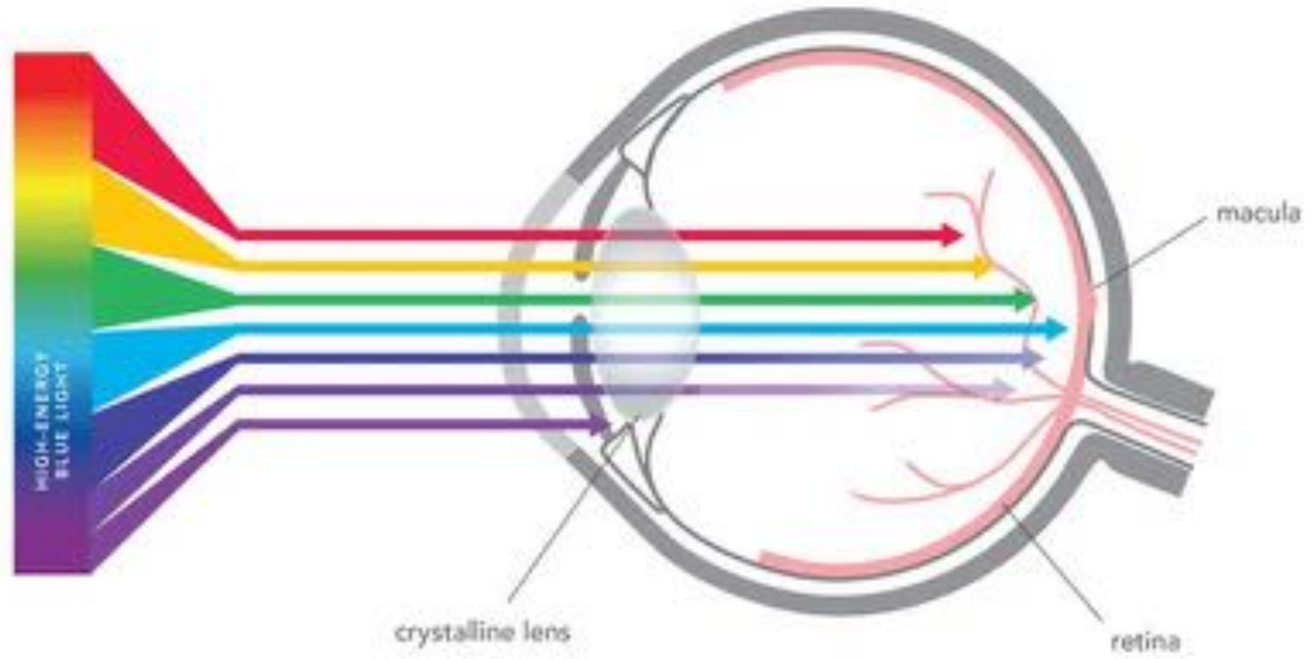


Night

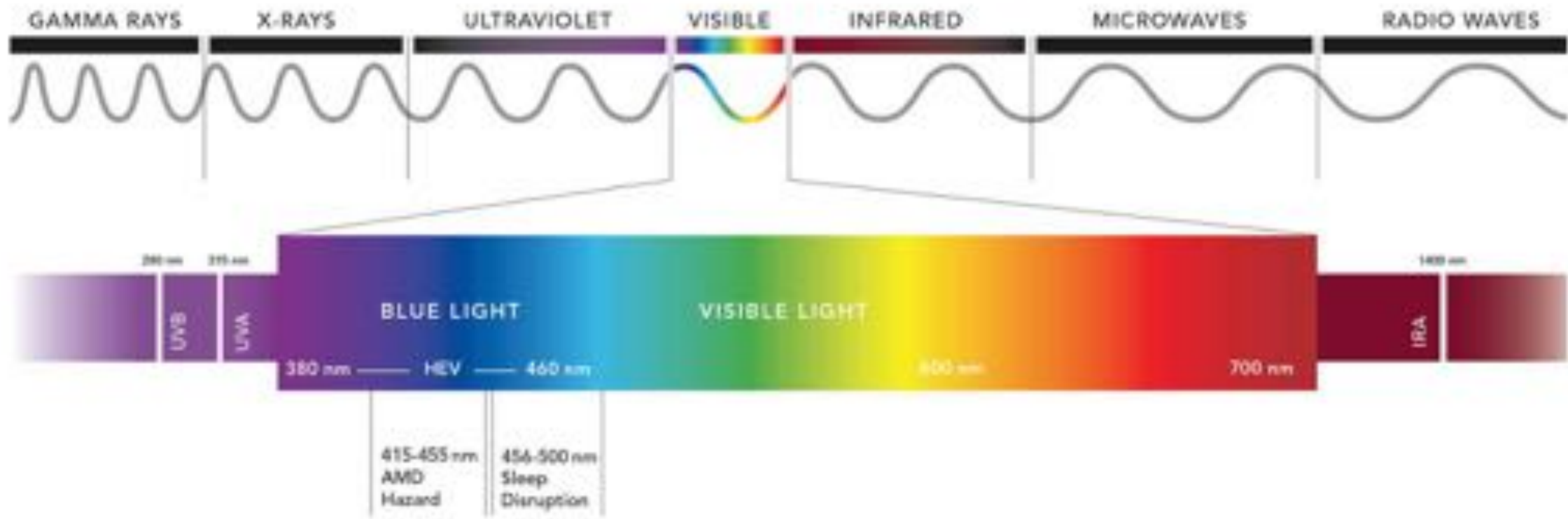


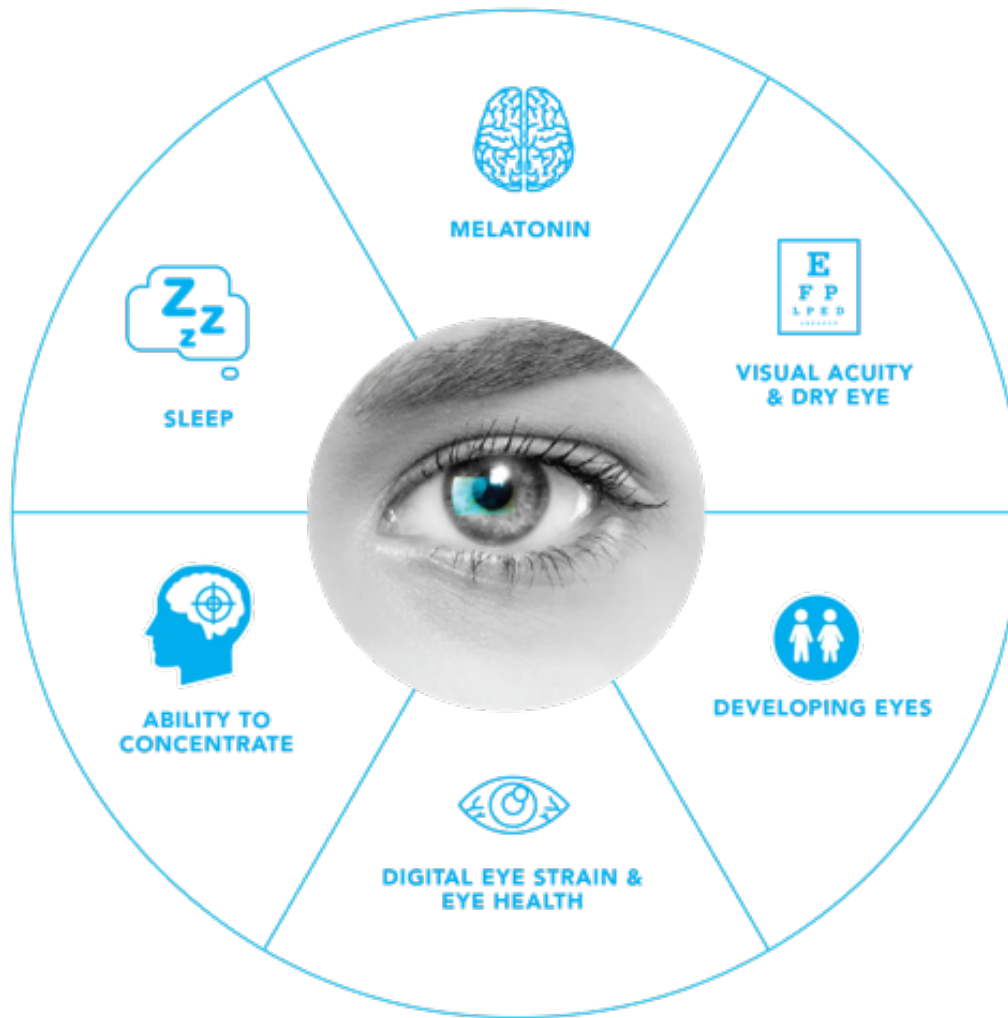
Suprachiasmatic Nucleus (SCN)
Master Circadian Pacemaker













NREM Stage 1

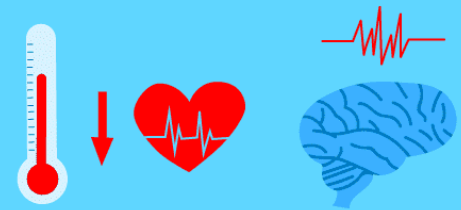
- transition period between wakefulness and sleep
- lasts around 5 to 10 minutes

Beta Waves small & fast



NREM Stage 3

- muscles relax
- blood pressure and breathing rate drop
- deepest sleep occurs



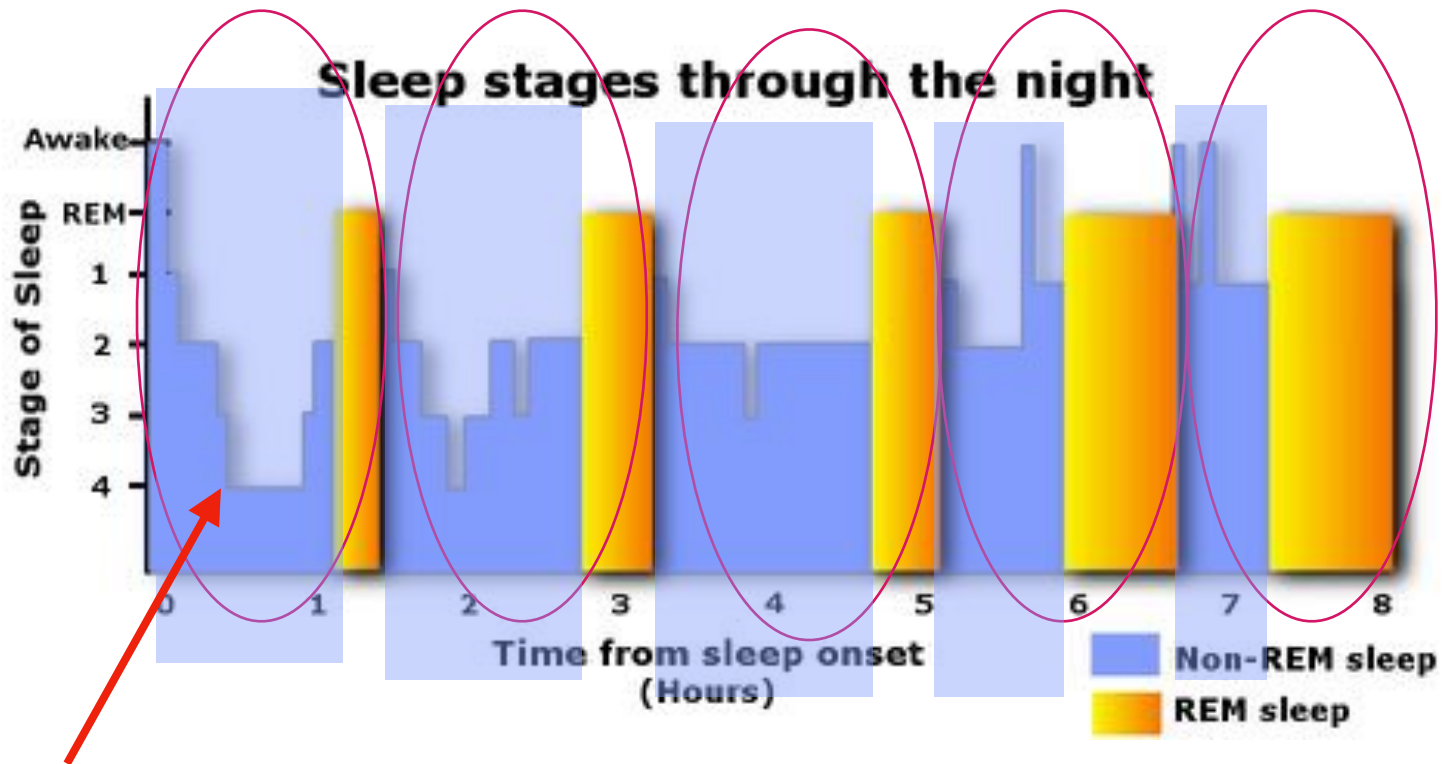
NREM Stage 2

- body temperature drops and heart rate begins to slow
- brain begins to produce sleep spindles
- lasts approximately 20 minutes

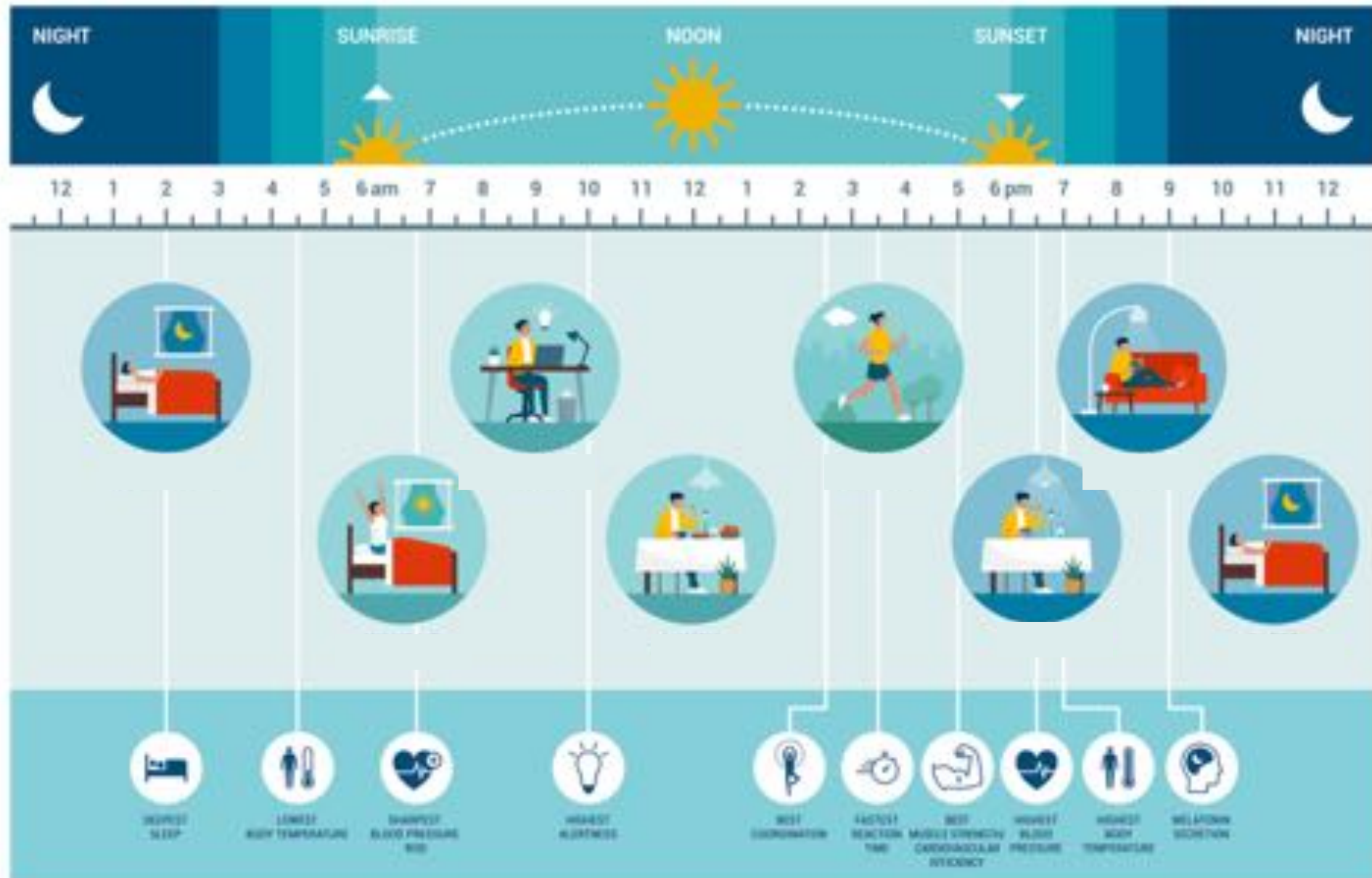


REM Sleep

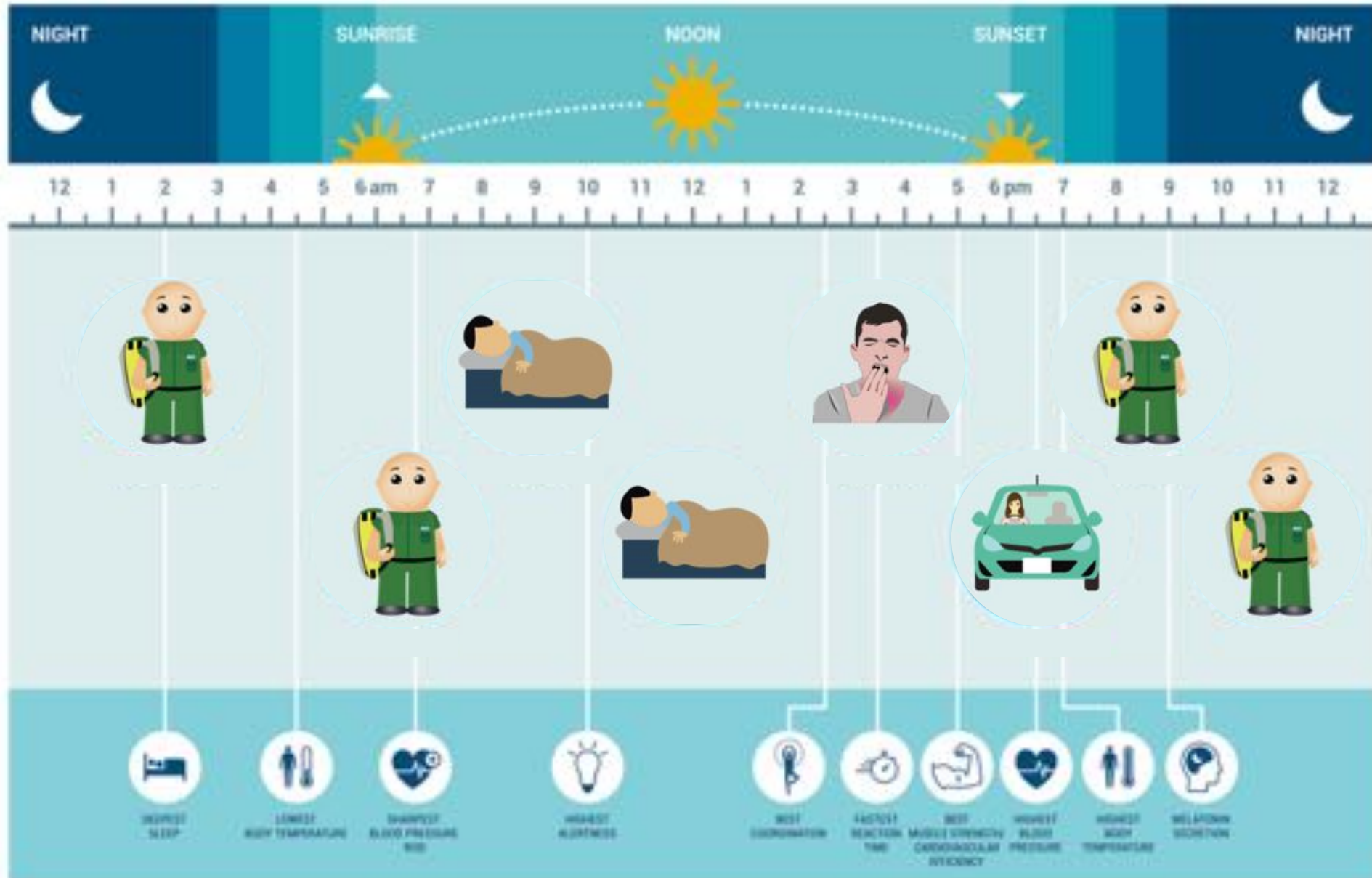
- brain becomes more active
- body becomes relaxed and immobilized
- dreams occur
- eyes move rapidly



CIRCADIAN RHYTHM AND HUMAN BODY



CIRCADIAN RHYTHM AND HUMAN BODY





SLEEP CHRONOTYPES

ARE YOU A BEAR, WOLF, LION OR DOLPHIN?

DOLPHIN

Dolphins typically wake from sleep unvested, struggle with napping, and are often tired throughout the day with a spurt of energy in the evening.



LION

Lions get up early with plenty of energy and are sharpest in the morning, they are often organized leaders.



BEAR

Bears tend to follow the typical night/day schedule and sleep well, though it might take them longer to get going in the morning.



WOLF

Wolves are essentially night owls, they tend to be most active and alert in the early evening hours and are somewhat out of sync with the rest of the world.



Your chronotype is a classification of when your genetic propensity is to sleep.

THE LION



 **15%** of the population

GO TO BED
10:00 PM

WAKE UP
6:00 AM

FOCUS
8:00 AM - 12:00 PM



Traits

Natural leaders
Charismatic
Early risers



Productivity Tip

Know when it's quitting time and take time for yourself at the end of the day.




Celebrity Lion

Richard Branson
Founder, Virgin Group

THE BEAR



 **55%** of the population

GO TO BED
11:00 PM

WAKE UP
7:00 AM

FOCUS
10:00 AM - 2:00 PM



Traits

Happy-go-lucky
Continuous flow of mellow energy
Extroverted



Productivity Tip

Schedule meetings in the morning and try to finish up before late afternoon.



Celebrity Bear

Oprah Winfrey
Founder, OWN

GO TO BED
12:00 AM

WAKE UP
7:30 AM

FOCUS
5:00 PM - 12:00 AM



Traits

Introspective
Highly creative
Introverted



Productivity Tip

Get ahead on work at home while you're feeling most awake.



Celebrity Wolf

Alexis Ohanian
Co-founder, Reddit




THE WOLF




15% of the population




GO TO BED	WAKE UP	FOCUS
11:30 PM	6:30 AM	3:00 PM - 9:00 PM

- 
Traits
 Highly intelligent
 Scatterbrained
 Bursts of creative energy
- 
Productivity Tip
 If needed, take breaks throughout the day to mentally reset and recharge.
- 
Celebrity Dolphin
 Jackson Pollock
Artist

THE DOLPHIN



 **10% of the population**

INCREASE PRODUCTIVITY ACCORDING TO YOUR CHRONOTYPE

DOLPHIN



WOLF

LION

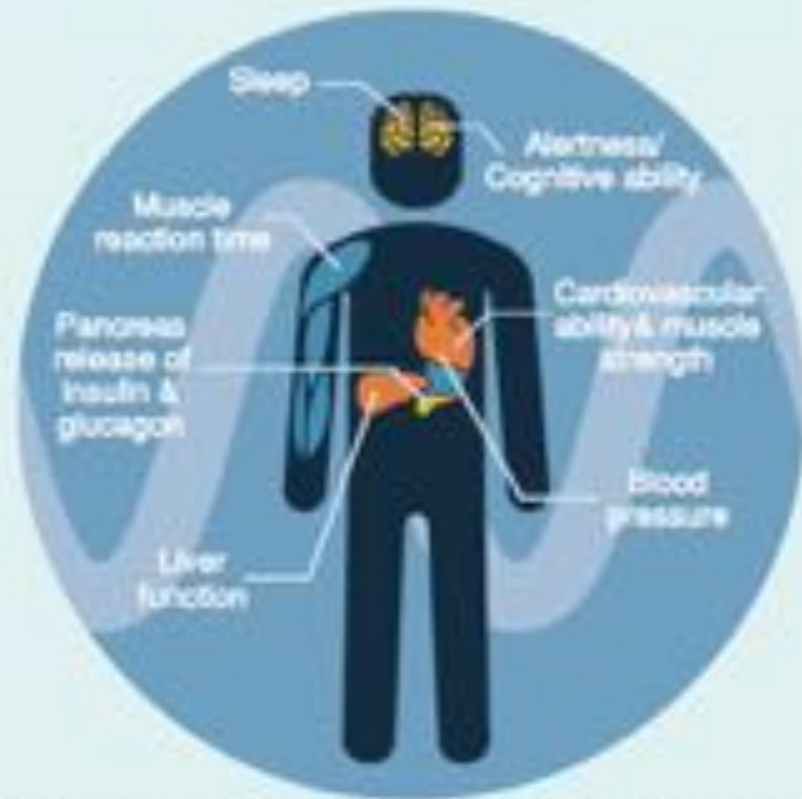


10 AM-2 PM



BEAR

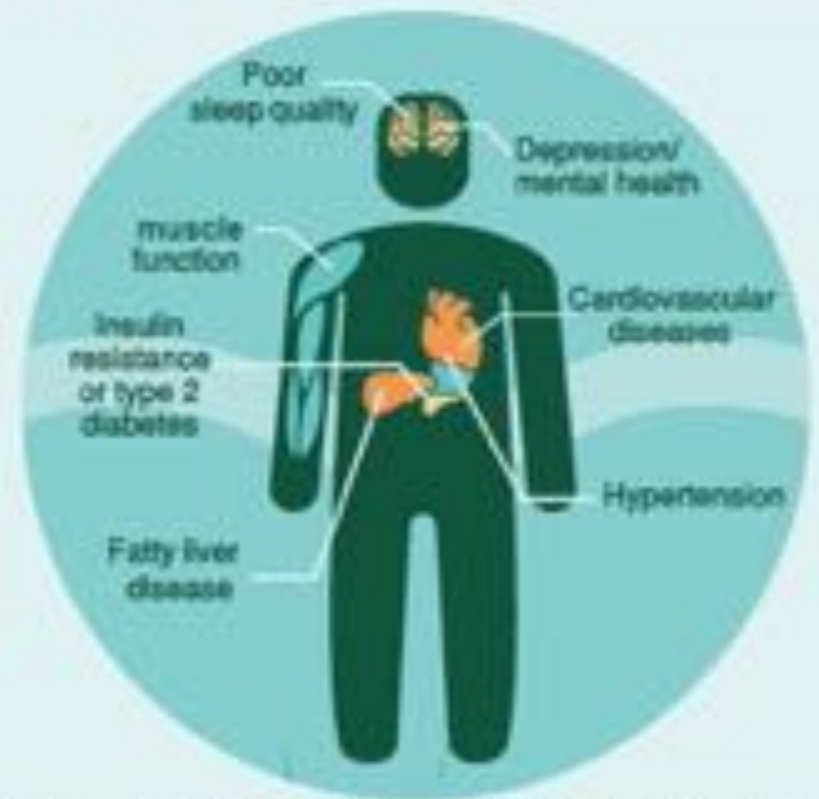
A HEALTHY CLOCK



Improved sleep quality, mood, metabolism, cardiovascular health.
Decreased risk for disease.



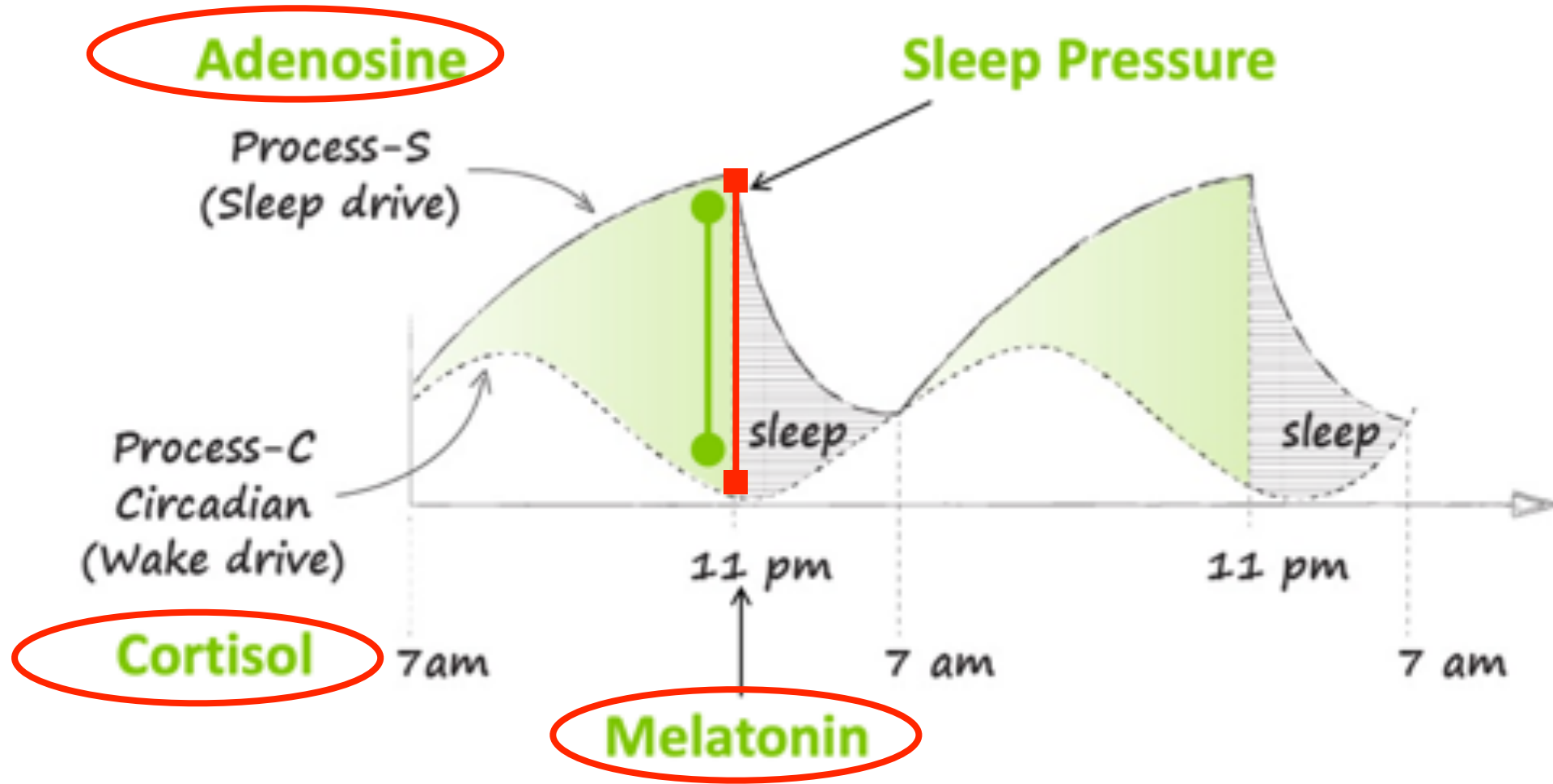
A DISRUPTED CLOCK



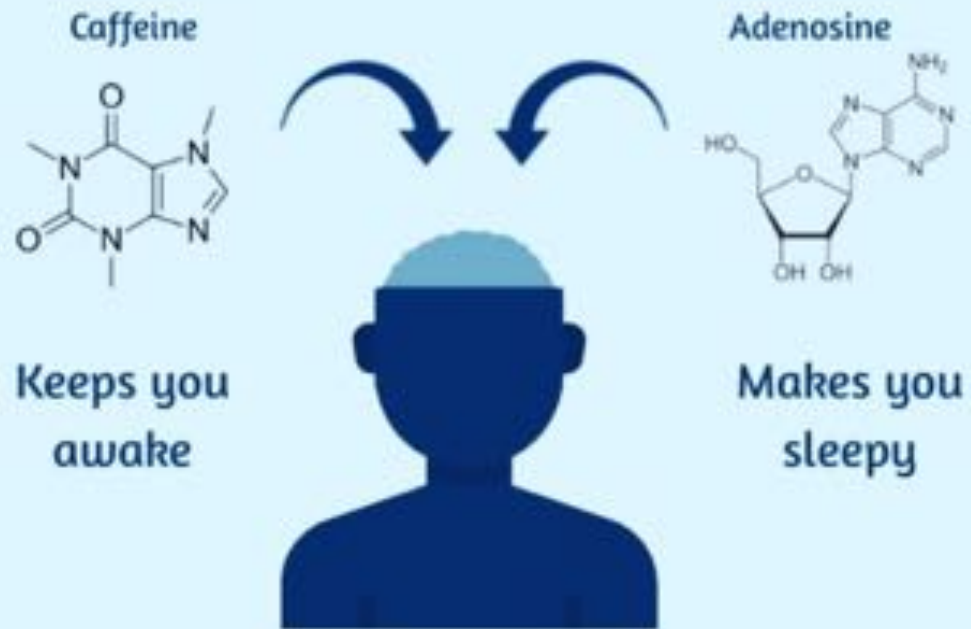
Decreased sleep quality, mood, metabolism, cardiovascular health.
Increased risk for disease.

POOR SLEEP = POOR HEALTH



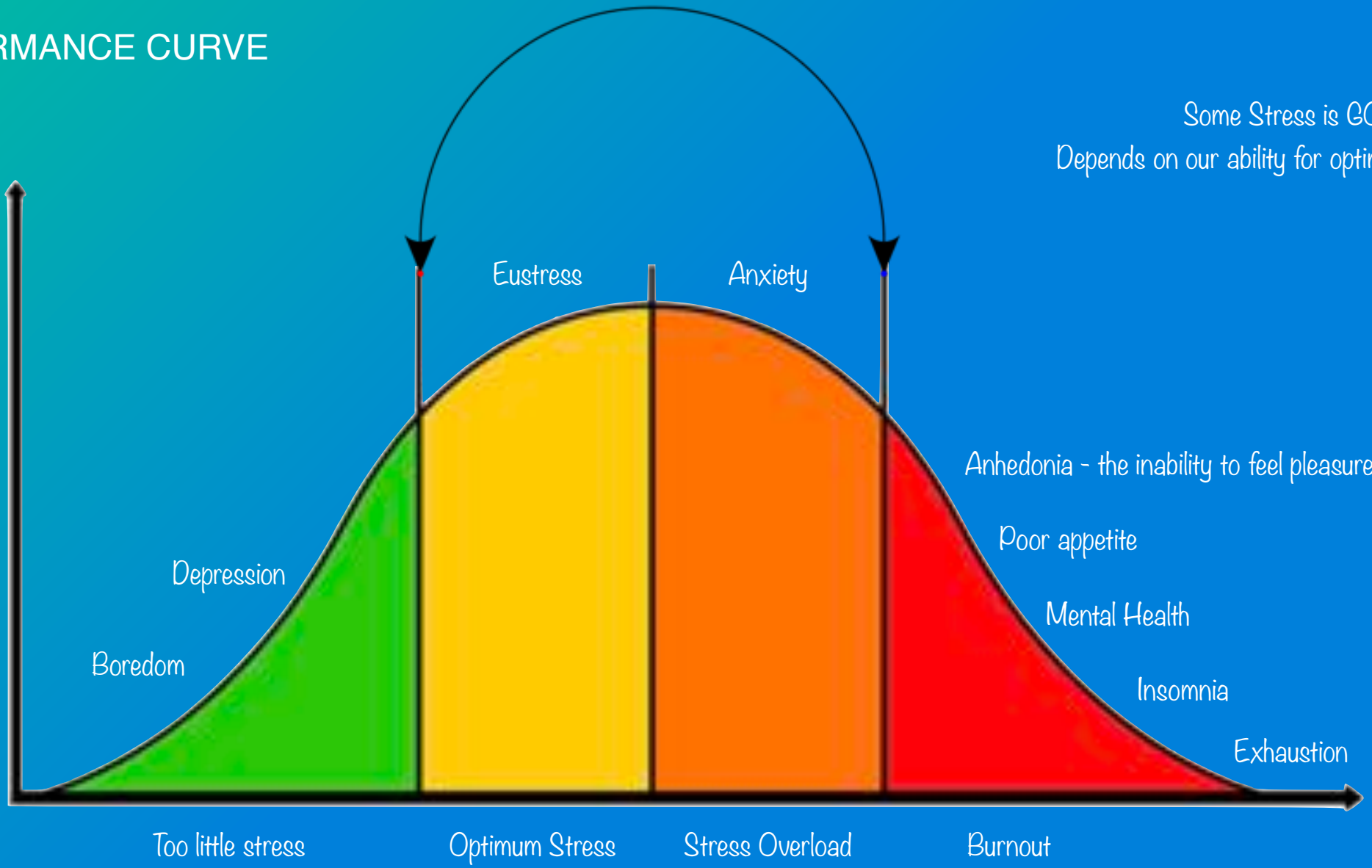


Caffeine & Sleep Pressure

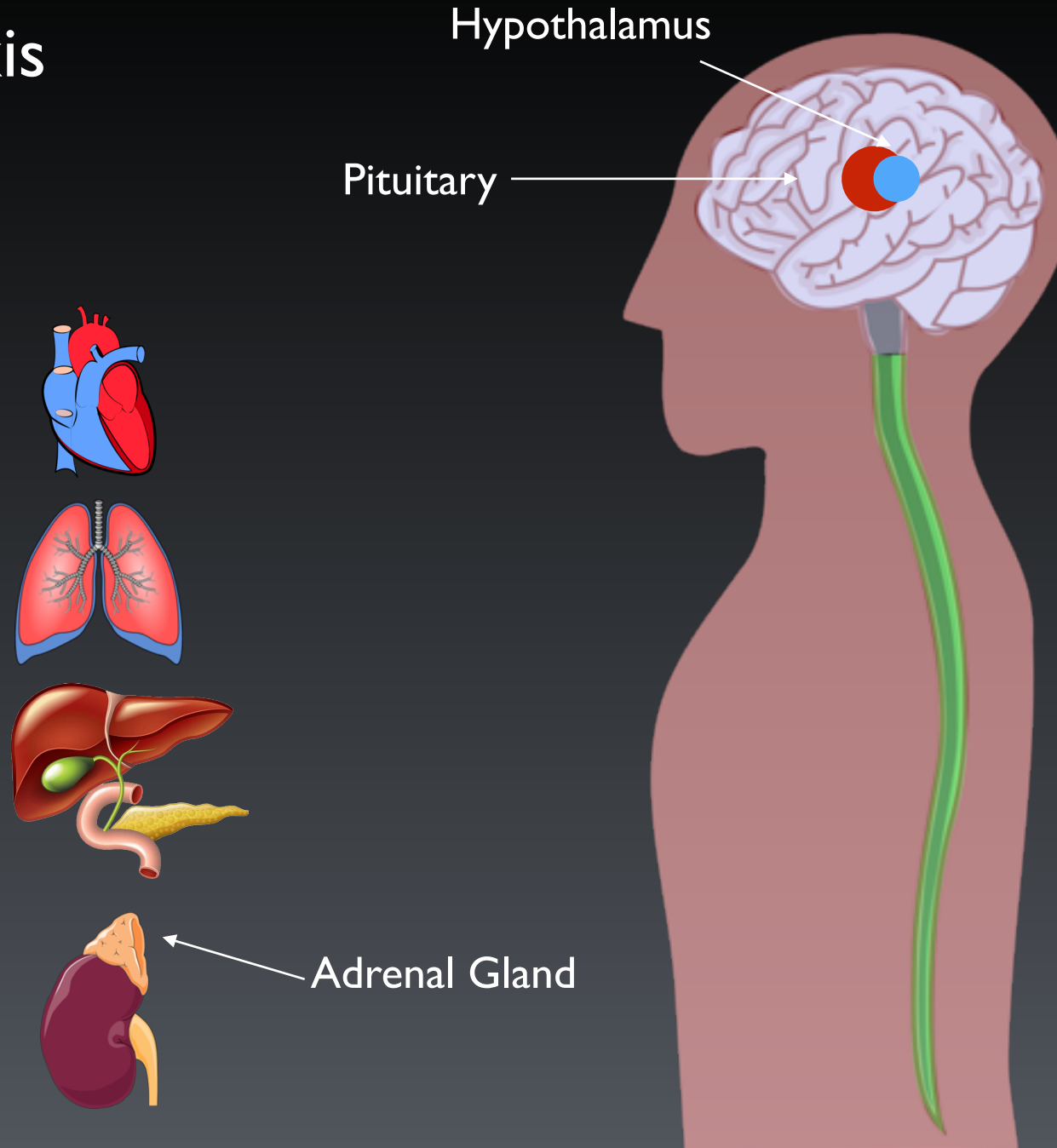


STRESS PERFORMANCE CURVE

Some Stress is GOOD for us...
Depends on our ability for optimum recovery



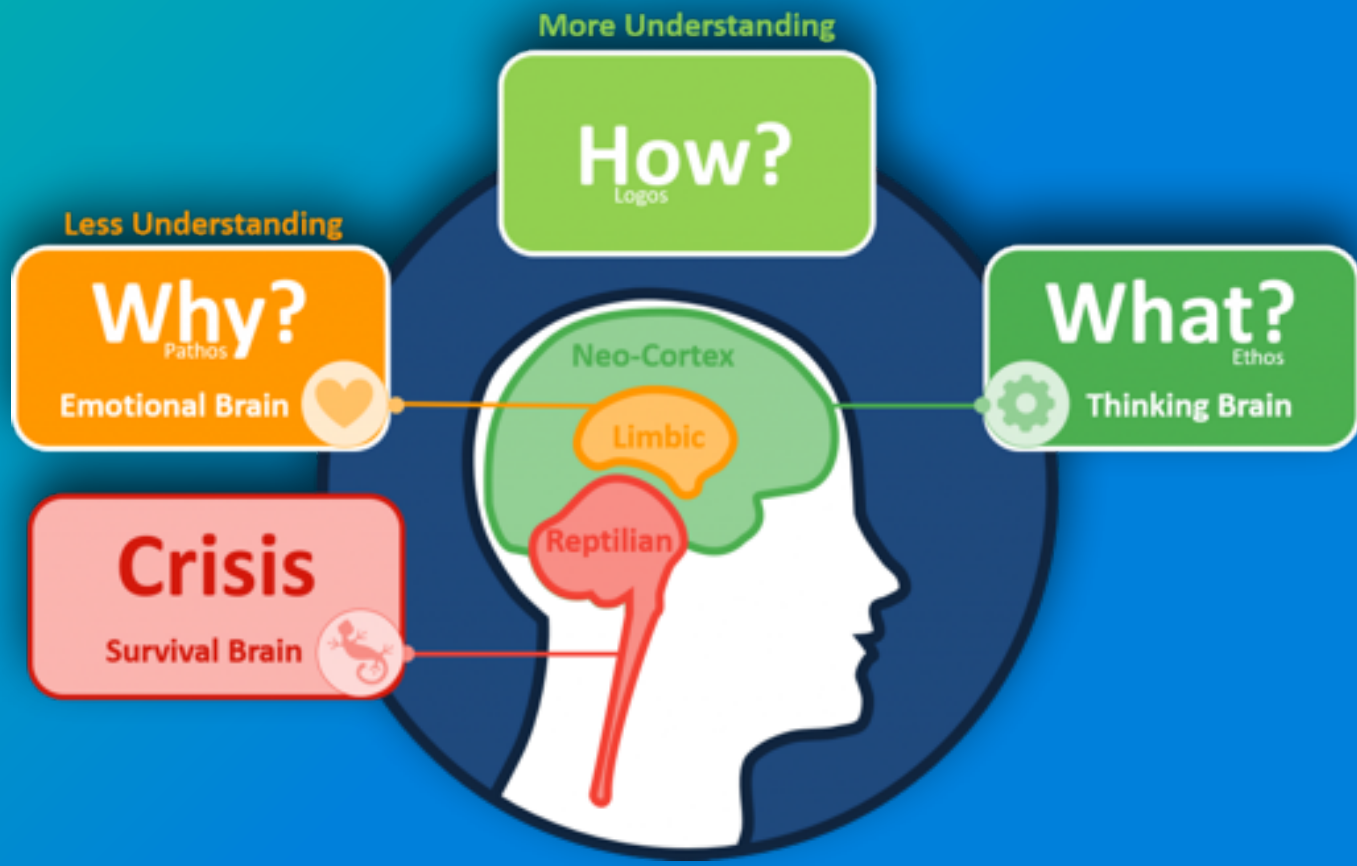
The HPA Axis



Hypothalamus

Pituitary

Adrenal Gland



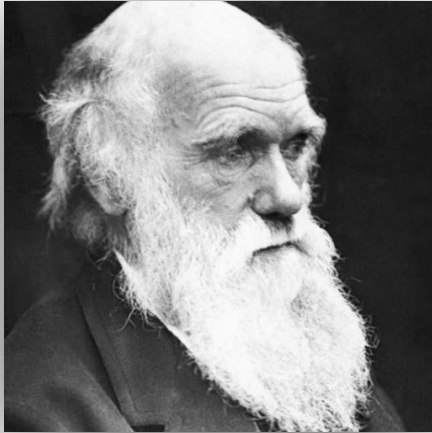


Spot The Signs

High Stress - Low Energy

- >> Wake feeling tired even after even after 8hrs sleep
- >> Snappy, irritable and moody with loved ones
- >> Lack of focus and feeling overwhelmed
- >> Poor concentration and memory recall
- >> Anxious thoughts / constant worrying
- >> Digestive problems and indigestion
- >> Energy dips throughout the day
- >> Loss of interest in activities

Resilience FACT!

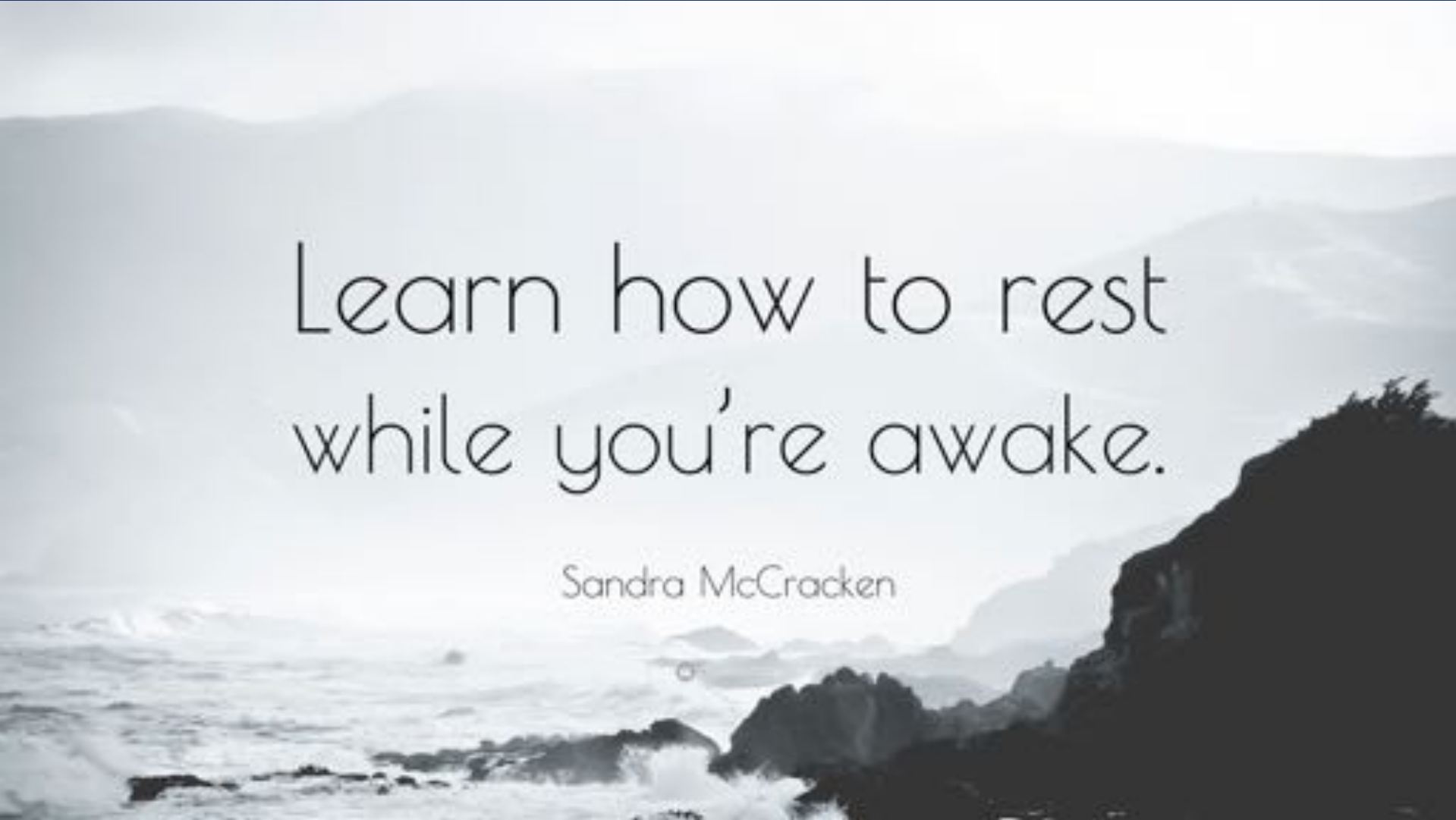


It's not the strongest of the species that survive,
nor the most intelligent,

It's the species MOST RESPONSIVE TO CHANGE
that survive and thrive

How We ADAPT





Learn how to rest
while you're awake.

Sandra McCracken



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