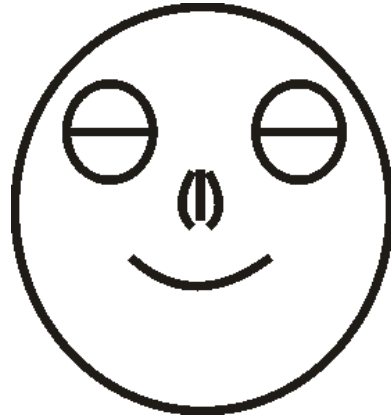


Hur sömnen bidrar till ökat välmående

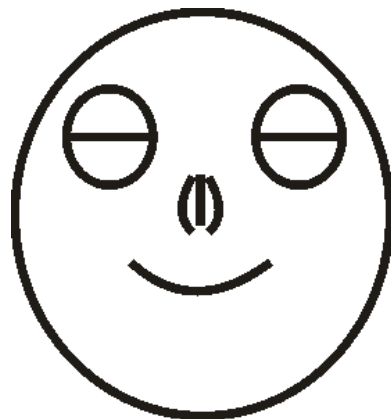
Christian Benedict

Sömnforskare Institutionen för neurovetenskap

Uppsala universitet



Sleep experts recommend adults to
sleep 7-8 hours per day!

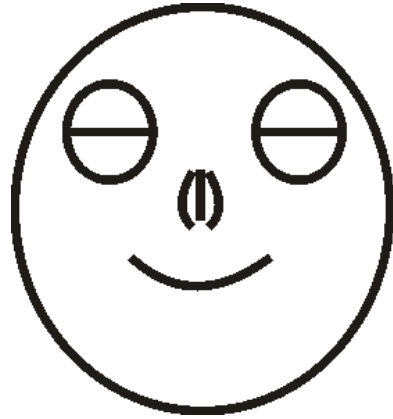


90y-old male/female →

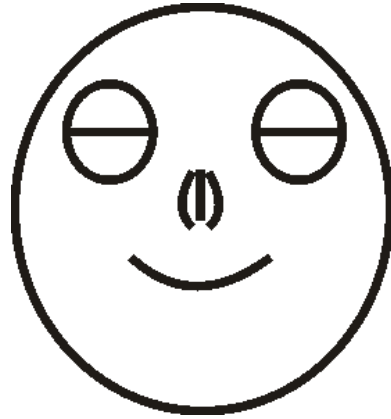
30 years

87600 hours

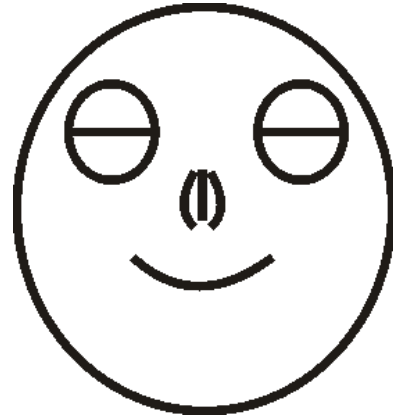
5256000 minutes asleep



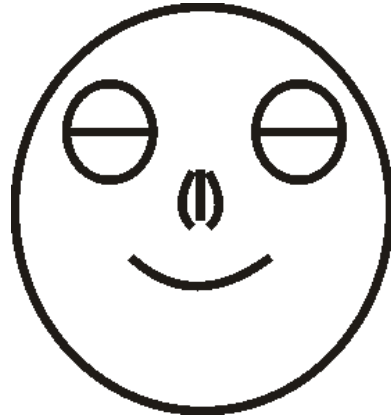
Why do we sleep?



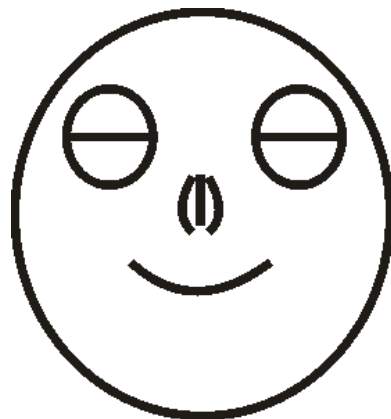
During sleep, memories are stabilized!



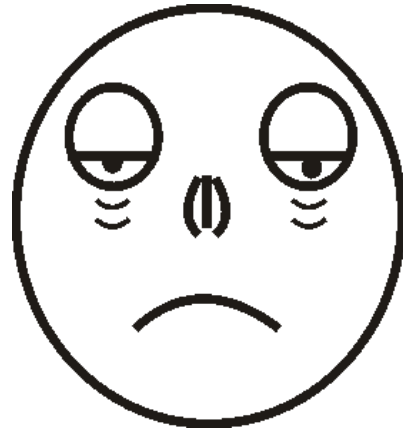
During sleep, intellectual
problems are solved!



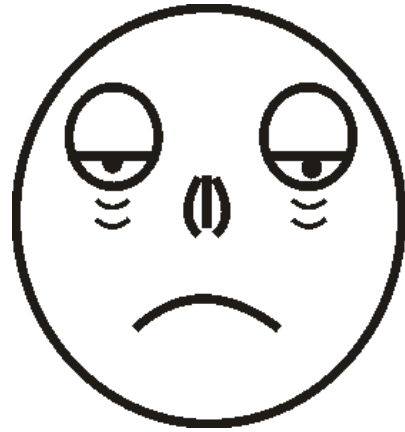
During sleep, the brain is cleansed from substances that can damage brain cells!



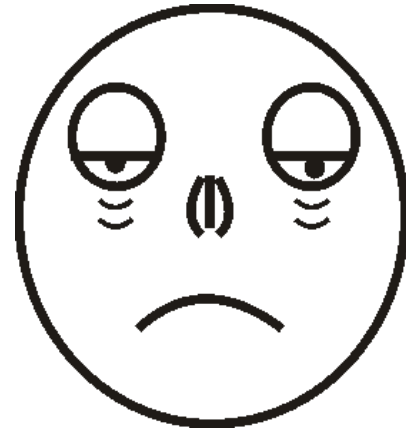
How well do we currently sleep in Sweden?



~30% Swedes sleep less
than recommended!

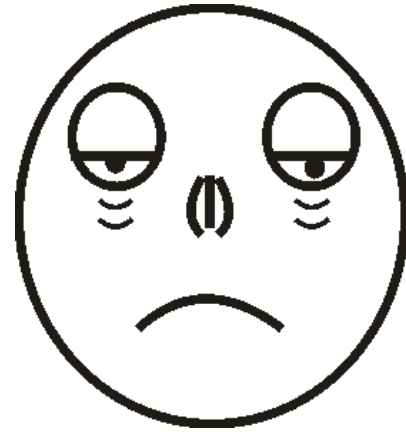


~50% Swedes do not feel well-rested
after their regular sleep!

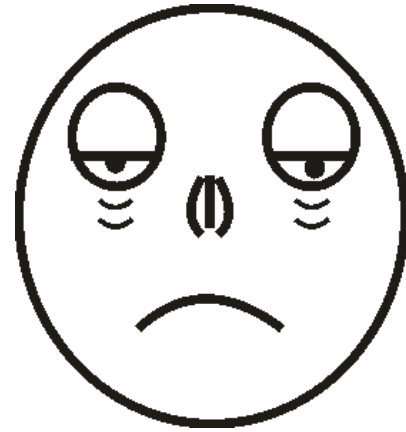


What causes sleep problems?





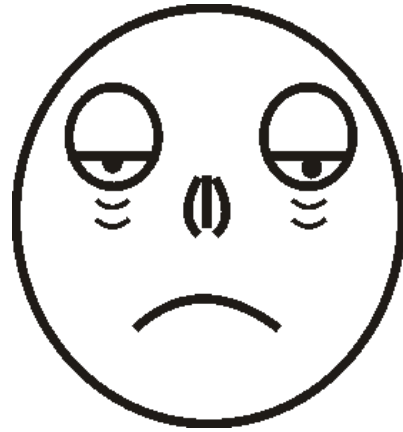
Does it matter if sleep habits
are chronically messed up?



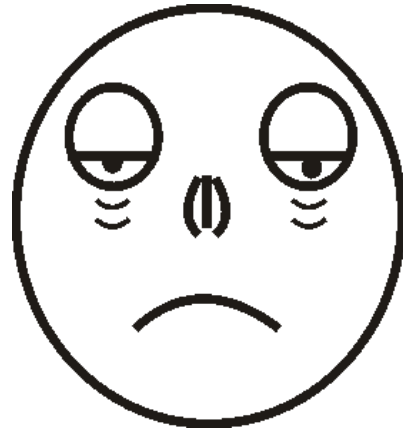
Memory consolidation works, but ...



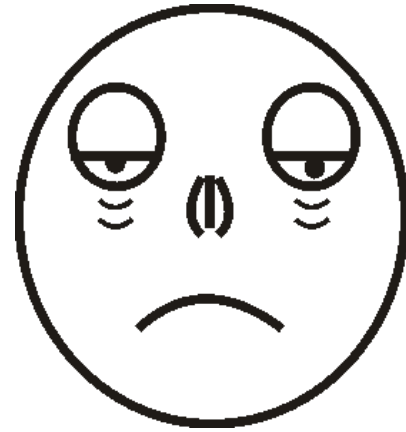
access to long-term memory is
impaired under stressful
conditions



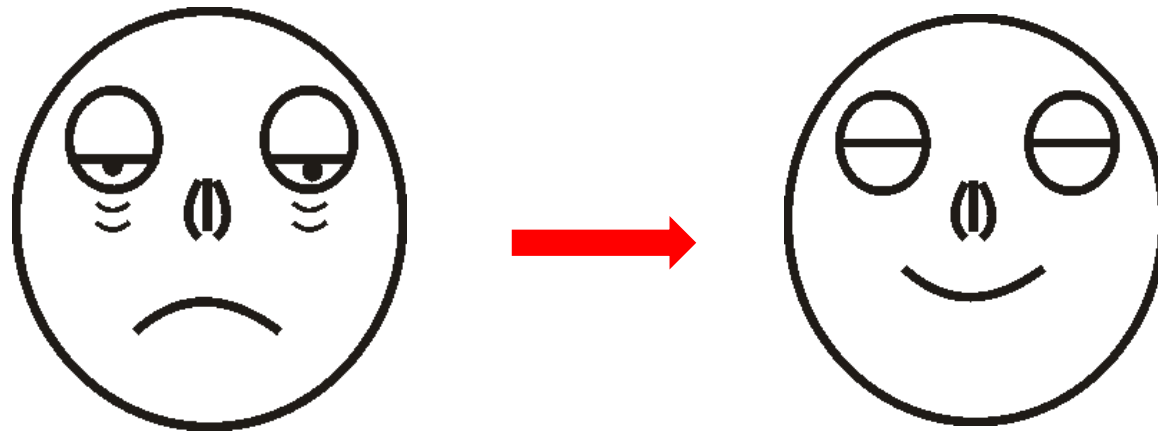
Increased risk of being involved in
traffic accidents (~10%)!



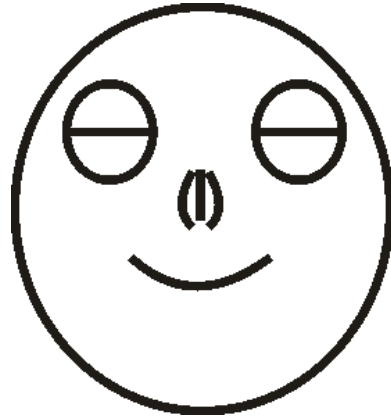
Increased risk to develop diseases,
e.g. Alzheimer's disease, type 2 diabetes,
obesity, cardiovascular diseases,
and cancer



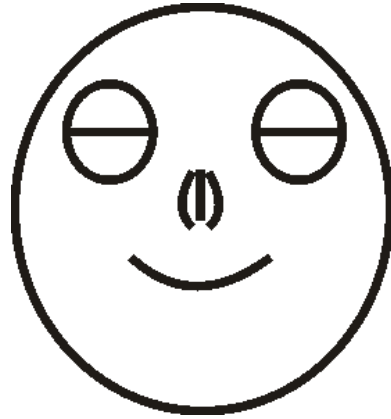
Increased risk of alcohol and illicit
drug misuse!



How to improve sleep?

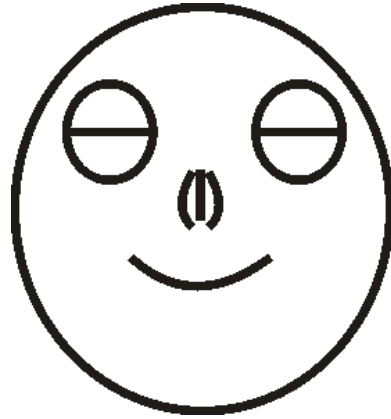


Be physically active three to four hours before bedtime.



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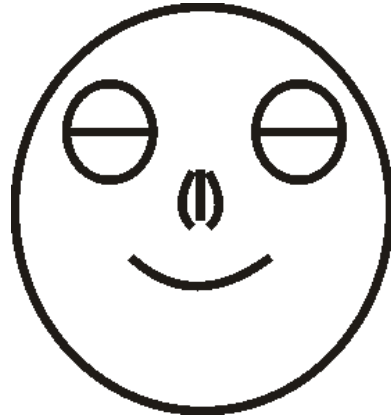
Dim room light 30 to 60 minutes before bed.



Be physically active three to four hours before bedtime.

Dim room light 30 to 60 minutes before bed.

Your bed is a place for sleep, not for work.

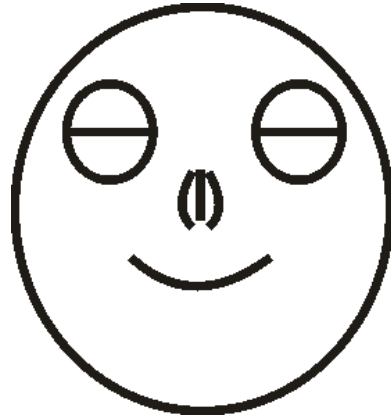


Be physically active three to four hours before bedtime.

Dim room light 30 to 60 minutes before bed.

Your bed is a place for sleep, not for work.

Try sleeping at same times.



Sufficient sleep is not a luxury—it is a necessity!

- Christian Benedict, Stå Upp Seminariet 2016 -