



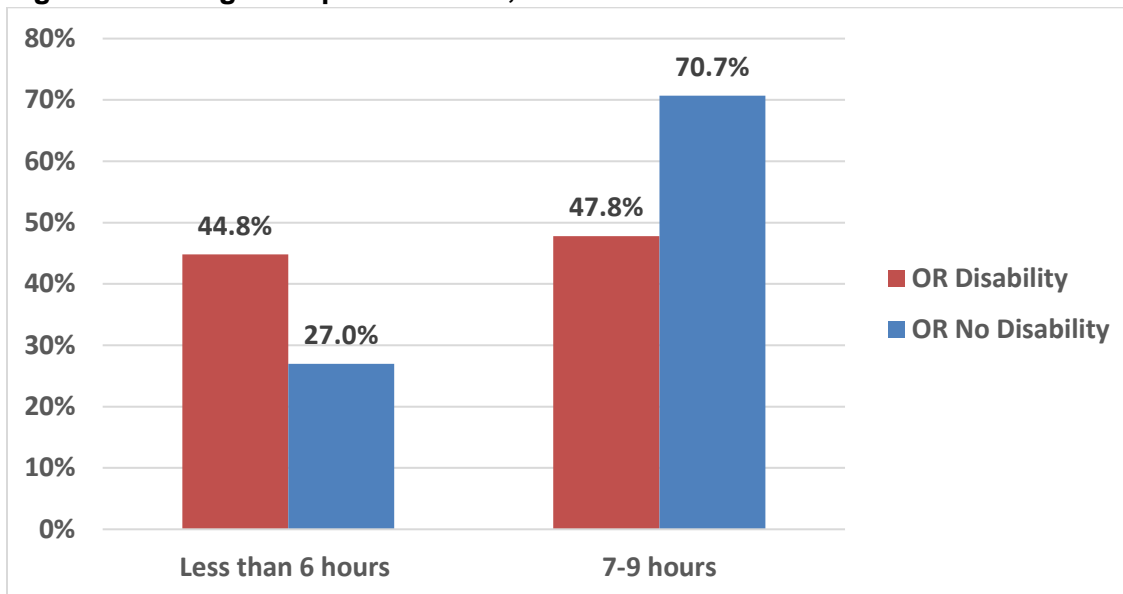
Sleep for Oregonians with Disabilities

Oregon Office on Disability and Health

According to the National Institute of Health (NIH), an adequate number of sleep hours is vital for good health and well-being. Getting enough sleep time seems to protect people’s mental and physical health, improve their quality of life and safety¹. The National Heart, Lung, and Blood Institute (NHLBI) recommends that adults get 7-9 hours of sleep each night².

Data from the 2014 Behavioral Risk Factor Surveillance System (BRFSS)³ include information regarding sleeping habits among Oregon adults. The BRFSS is a telephone based survey that is conducted annually in all 50 states in the US. The graph below shows the amount of daily sleep time reported by Oregon adults with and without disabilities.

Figure 1. Average Sleep in 24 Hours, 2014 BRFSS Data



When we compare Oregon adults with disabilities to Oregon adults without disabilities we find that adults with disabilities are much less likely to get enough sleep:

- 44.8% of Oregon adults with disabilities get less than 6 hours of sleep compared to 27.1% of Oregonians without disability
- 47.8% of Oregonians with disabilities get 7-9 hours of sleep compared to 70.7% of Oregonians without disability

Importance of Sleep

Getting enough sleep contributes to optimal physical and emotional functioning throughout the day. Sleep deprivation is related to less efficiency and productivity at work and in school. Sleep deficiency may limit our ability to perform certain tasks such as driving a car or performing a test.

Chronic sleep deprivation may result in **Error! Bookmark not defined.**:

- Increased risk for cardiovascular disease, depression and metabolic disorders.
- Decreased decision making and driving ability
- Decreased learning ability

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- Increased risk for mental health problems

How to increase sleep time for Oregonians with disabilities:

Daytime Suggestions⁴:

- Create a sleeping time routine: wake up at the same time every day using an alarm.
- Limit TV watching and couch time.
- Spend time outdoors and try to be physically active during the morning.
- Limit napping to no more than 20 minutes during the day and avoid naps after 3pm.

Nighttime Suggestions⁴:

- Follow a bedtime routine: try to go to bed about the same time every night
- Avoid caffeine, nicotine, alcohol and sugar for at least 5 hours before bedtime
- Avoid eating before bed
- Try not to perform active exercise within 2 hours of bedtime
- Create a restful atmosphere in the bedroom
- Relax before bed (for example, take a hot bath, listen to music)

If sleeping problems are persistent, it would be a good idea to consult with your primary care provider. Before consulting a clinician try to keep a sleep diary for about 10 days to have information about your sleeping habits. For an example visit:

<http://yoursleep.aasmnet.org/pdf/sleepdiary.pdf>

Conclusion:

Sleep quality is an important part for healthy living and a good quality of life. Our findings show that people with disabilities are at risk of not getting enough sleep. More attention is needed to identifying factors contributing to sleep deprivation among people with disabilities.

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¹National Heart, Lung, and Blood Institute. 2012. Why is Sleep Important?. <http://www.nhlbi.nih.gov/health/health-topics/matters/sdd/why>.

² National Heart, Lung, and Blood Institute. 2012. How Much Sleep is Enough?. <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/howmuch>.

³ Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2014.

⁴ National Heart, Lung, and Blood Institute. 2012. Strategies for Getting Enough Sleep. <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/strategies>.