

Your participation in the Research Program at the World Trade Center Health Program plays a vital role in the treatment of your condition and improves care for all members .

Sleep in the Context of Wellness and Resilience

Potential Impact: Getting enough good quality sleep is essential to your health and wellness. A good night's rest can also help build your resilience. Resilience is a type of inner strength that helps you bounce back and push through a hard or stressful situation. To improve overall sleep, it is important to address poor sleep behaviors that make sleep worse and treat problems such as sleep apnea (when breathing stops and starts multiple times during your sleep), chronic rhinosinusitis (nasal inflammation that may make breathing through your nose difficult) and post-traumatic stress disorder (PTSD).

Research: We have seen that many WTC responders have poor sleep quality. They experience insomnia and have trouble falling and staying asleep. Chronic rhinosinusitis, obstructive sleep apnea, and PTSD

can also contribute to poor sleep quality.

Population: This study looked at Responders, clean-up workers, and other workers who were in lower Manhattan in the weeks and months following 9/11.

Findings: The amount and quality of sleep you get affects how well you function throughout the day, your mood, and your overall quality of life. Poor sleep quality, due to insomnia, sleep apnea, or other health conditions, can weaken your wellness and resilience, increase symptoms of anxiety and depression, and contribute to long-term physical and mental health problems.

Tips to improve your sleep:

- Turn off your devices an hour before bed;
- Only drink decaffeinated beverages late in the evenings;
- Limit alcohol intake as it can fragment sleep later in the night;
- Create a relaxing atmosphere to reduce anxiety and stress;
- Take a hot shower shortly before bed;
- Read or listen to music outside the bed and bedroom;
- Get into bed only when good and ready for bed - If you are awake in bed for more than 20 minutes after falling asleep get out of bed so that the bed is associated with sleep and sleep alone;
- Set a routine to wake up daily at the same time to ensure a regular sleep wake rhythm; and
- Get any sleep disorder, such a sleep apnea, treated to ensure a feeling of wellness and reduce stress!

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Learn More. Call 1-888-982-4748 or visit www.cdc.gov/wtc

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