



# SLEEP WELL 2023

**TWBIH**<sup>®</sup>  
The Way Back Home



**Creating new realities and expanding consciousness**

## **Summer Edition** **Sleep Well Through Summer Fun and Travel**



### **2023 Summer Travel Survey & Trends in the US**

**Nearly 85% to Travel, 42% to Travel More than Last Summer, More than 54% to Fly on a Plane, 100 Million to Road Trip Over 250 Miles.**

**Source: The Vacationer**

### Is Travel Fatigue the same as Jet lag?

**Travel fatigue** is often confused with jet lag but they are not the same thing. Travel fatigue refers to the temporary exhaustion that people feel when traveling. Travelers may also have a headache or confusion. Travel fatigue can occur with any mode of travel and is different than jet lag because it does not have to involve air travel or crossing time zones.

**Jet lag** is a temporary sleep problem that affects people one or more days after travel while crossing at least two time zones. The body has its own internal clock, also called circadian rhythm. This tells the body when to stay awake and when to fall asleep. Modern air travel allows people to journey across time zones faster than the circadian rhythm can adjust. Jet lag occurs because the body's clock is still synced to the original time zone rather than the time zone of your destination.

Travel and Sleep Strategies to reduce the impact of jet lag: [READ MORE](#)

Source: American Thoracic Society

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*Paradigm shifts occur when we change the questions we ask.*

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### **Healthy Sleep Habits: How Many Hours Does Your Child Need?**

Summertime is no exception for a child's need for healthy sleep. From infants and toddlers to school-aged kids and teens, parents want to know how many hours of sleep are recommended.

You can learn more about that here. [READ MORE](#)

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### **For a deeper dive into sleep, travel and jet lag:**

#### **[How to Defeat Jetlag, Shift Work & Sleeplessness- Huberman Lab episode](#)**

Among a large amount of scientific information made available in an easily understandable fashion, Dr. Andrew Huberman discusses how to leverage knowing your Temperature Minimum to shift your internal clock to minimize the impact of jet lag.

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**If you have Obstructive Sleep Apnea and use CPAP, discuss Oral Appliance Therapy as an option for treatment with your sleep specialist. Especially if you are a frequent traveler.**

## **What is Oral Appliance Therapy?**

Oral appliance therapy is an effective treatment option for snoring and obstructive sleep apnea (OSA). An oral appliance fits over your teeth like an orthodontic retainer while you sleep and supports your jaw in a forward position to keep your airway open. A custom-fit oral appliance can improve your sleep, restore your alertness, and revitalize your health. It is:

- Easy to use
- Portable, quiet and comfortable
- Custom-fit, unlike over-the-counter anti-snoring devices

Oral appliances are also more readily available than CPAP machines. Due to the supply chain shortage, the average wait time for CPAP is 3+ months, while the average wait time for an oral appliance is 3 weeks.

Source: [American Academy of Dental Sleep Medicine](#)

### [Canada's Low Risk Alcohol Drinking Guidelines \(LRDGs\)](#)

Key points from the guidance that was issued in January 2023 include:

- There is a continuum of risk associated with weekly alcohol use where the risk of harm is:
  - **0 drinks per week** — Not drinking has benefits, such as better health, and better sleep.
  - **2 standard drinks or less per week** — You are likely to avoid alcohol-related consequences for yourself or others at this level.
  - **3–6 standard drinks per week** — Your risk of developing several types of cancer, including breast and colon cancer, increases at this level.
  - **7 standard drinks or more per week** — Your risk of heart disease or stroke increases significantly at this level.
  - **Each additional standard drink** radically increases the risk of alcohol-related consequences.
- Consuming more than 2 standard drinks per occasion is associated with an increased risk of harm to self and others, including injuries and violence.
- When pregnant or trying to get pregnant, there is no known safe amount of alcohol use.
- When breastfeeding, not drinking alcohol is safest.
- No matter where you are on the continuum, for your health, less alcohol is better.

[TO READ MORE](#)



### Sleep Tip

When entertaining or planning to meet up with friends for a meal,

#### CONSIDER LUNCH INSTEAD OF DINNER

Later sleep timing and greater sleep variability are both associated with adverse health outcomes.

Having a social engagement at lunch as opposed to dinner protects you against any disruption of your regular bedtime and the possibility of a later bedtime.

Alcohol and the sleeping brain have conclusively been shown to be incompatible to good health.

At lunch, if you choose to have an alcoholic beverage with your meal, the adverse impact of ethanol on your sleep will be less than if you imbibe closer to your bed time.



***"Summertime and the living is easy..."***

Songwriters: Ira Gershwin / George Gershwin / Du Bose Heyward / Dorothy Heyward  
With at least 25,000 versions, *Porgy and Bess's* opening aria, 'Summertime', is the most covered song in the world

Here's *Summertime* (1968) sung by Ella Fitzgerald

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**SLEEP WELL 2023**

**Stay tuned- Our next edition will focus on**

**Sleep Apnea and Cardiovascular Health**



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