



LEADERS ASSEMBLY 2018: THE PURSUIT OF EXCELLENCE
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Sleep: Why it Matters for Camp Professionals & How to Enhance Sleep For Everyone at Camp;
Monday, March 19, 2018

Sleep: Essential for Your Personal and Professional Well Being and Excellence;
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SESSION PRESENTER(S):

Nancy Rothstein, MBA, The Sleep Ambassador®; Director, CIRCADIAN® Corporate Sleep Programs™

SESSION DESCRIPTION

Sleep matters whether at home or at camp. In order to thrive at camp, you need sleep. Amidst the busy, active days, everyone can experience what great sleep feels like. As camp professionals, you have the power to instill good sleep habits into your community. Consider that camp may be just the recipe we all need to experience a great night's sleep!

BIG IDEAS FROM THIS SESSION:

1. **SLEEP IS ESSENTIAL** for personal health, performance, and overall well-being. We need to do something to honor the sleep that we're required to get throughout our lives to stay healthy and optimize our well-being. Improving your sleep will help balance your life at home, at work, and at leisure. With our 24/7 distractions and demands, our sleep is suffering. Our biology has not changed, our behaviors have and we are inflicting them on our sleep. It's NOT working! The CDC calls insufficient sleep a public health epidemic. If you are experiencing the impact of sleep deprivation on a regular basis, it is time to make sleep a priority. Identify what your sleep issues are and make a commitment to improving your sleep habits and behaviors.
2. **PUT TECHNOLOGY TO BED!** Our constant use of our tech devices is impacting our sleep, both quality and quantity. Tune out from ALL technology, including the TV, an hour before bed. Why? Tech devices emit a spectrum of blue light that signals the brain to stop releasing melatonin, thereby telling the brain to stay alert just when it should be getting ready for sleep. In short, blue light from these tech devices can interfere with our body clock, thereby disrupting sleep patterns. Tuning out from technology also minimizes brain stimulation so you can transition from wakefulness to sleep in peace.



3. **OVERNIGHT CAMP PROVIDES AN EXCELLENT SETTING** for a good night's sleep. particularly for campers and others who have relinquished their tech devices which are a **BIG** impediment to a good night's sleep. After a busy day outdoors, everyone at camp has a great foundation for good sleep habits and restful sleep. Administrators should serve as role models to staff, counselors and campers, making it clear that sleep is valued at camp.
4. **HAVE A CONSISTENT SLEEP AND WAKE TIME** 7 days a week. This is generally the case at camp, which is great! Irregular bedtime hours make it difficult for our **NATURAL** body clock, our circadian rhythm, to stay in sync. This leaves us feeling out of sync.
5. **BEDTIME ROUTINE:** In addition to maintaining a consistent sleep/wake time, a bedtime routine is very important. Camp provides this and it is a great opportunity for campers to experience the positive impact of a bedtime routine. When you have a consistent bedtime routine, you transition from your busy day to sleep more calmly and relaxed. And if your sleep/wake time is inconsistent (which is often the case away from camp), a bedtime routine is all the more important for some consistency.
6. **JUDAISM AND SLEEP:** Judaism offers some remarkable insights and prescriptions for sleep. When you recite the prayer Modeh Ani, consider where your Soul goes during the night such that you thank God for returning it in the morning. This "night journey" of the Soul is also critical to our balance of body, mind and Spirit. It's amazing that this prayer alludes to the importance of sleep. There is much more richness in Judaic wisdom about sleep. And while some of them have yet to receive scientific validation, this age-old wisdom and science are beginning to intersect more and more as the mysteries of sleep are illuminated.

NEXT STEPS:

As this session was directed at personal sleep improvement, I would suggest:

- Follow the sleep strategies I shared in my presentation
- Read "Why We Sleep" by Matthew Walker, PhD
- Visit my website for additional resources, www.thesleepambassador.com

In addition, camp professionals, particularly Camp Directors, are welcome to contact me if they want to discuss how they can optimize sleep for **EVERYONE** at camp.

nancy@thesleepambassador.com or 312-502-0990. I look forward to hearing from you.