Welcome

We are pleased to present you with the spring 2012 edition of Focus on Function, a newsletter dedicated to sharing rehabilitation news and trends for our physical, occupational and speech therapy patients. This particular edition will provide information on the importance of getting the proper amount of sleep and some tips for proper sleep hygiene. We hope that you find this information useful and welcome your feedback, requests and suggestions for future issues. Enjoy this edition of Focus on Function, and Happy Spring!

Yours Truly,
Amy Lorino
Director of Rehabilitation Services

About Us

CRMC’s Rehabilitation Services Department provides a variety of services, including occupational therapy (OT), physical therapy (PT) and speech-language pathology at the Harris campus.
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Don’t Snooze When it Comes to Learning about Sleep

Sleep is one of our most important activities of daily living. But, what does sleep have to do with rehabilitation? Many rehabilitation patients complain of poor sleep due to pain, stress or physical discomfort. Sleep is crucial to our physical and mental well-being. Getting adequate, quality sleep reduces the risk of developing chronic and/or serious illnesses like heart disease, depression, hypertension, diabetes and obesity. It boosts our mood, gives us energy, sharpens our minds and restores our bodies on a daily basis.

Most adults need 7 hours of sleep each night. Teenagers need 10 hours of sleep a night, and school age children need 10 to 11 hours a night. Older adults may find it harder to sleep, but still need 7 hours of sleep daily, even if it must be acquired by napping. When we do not sleep well, we can develop fatigue, irritability and decreased concentration, and this can lead to stress. Lack of sleep can also make it harder to fight off infection.

There are many reasons why some people may not sleep well.

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Sometimes it is as simple as not making it a priority, and other times it is for physical, environmental or emotional reasons, such as pain, anxiety, medication side effects, room temperature, alcohol consumption and working the night shift.

Sleep occurs in cycles that change throughout the night. During deep sleep, we experience the most physical restoration. Rapid eye movement (REM) sleep helps to restore our memory, and is also the sleep cycle that involves dreaming. When we get a good sleep each night we go through all of these cycles for an appropriate amount of time and wake up feeling refreshed.

If you are not sleeping well, even after trying some of the sleep hygiene strategies presented in this newsletter, it is recommended that you speak with your primary care physician to determine the cause for poor sleep. In serious cases, some people are referred to physicians that specialize in sleep medicine.

Helpful Internet sites:
www.cdc.gov/features/sleep/
www.sleepfoundation.org/article/ask-the-expert/sleep-hygiene
www.webmd.com/sleep-disorders/guide/sleep-hygiene
www.moveforwardpt.com (American Physical Therapy Association)