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Samband mellan sömn, yrke och stress

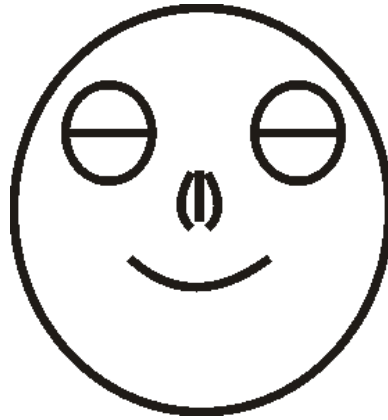
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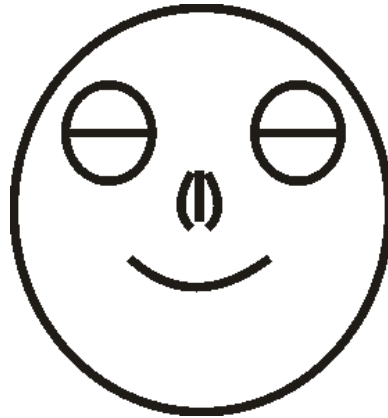
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We spend up to $1/3$ of our life asleep!



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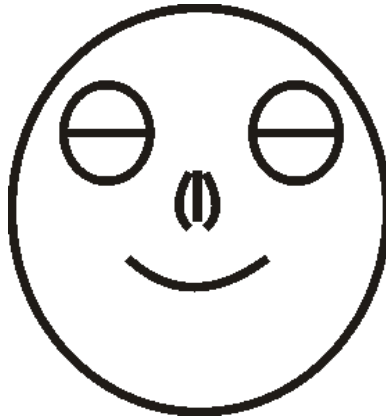


We spend up to 1/3 of our life asleep!

90y-old men → 30 years asleep!



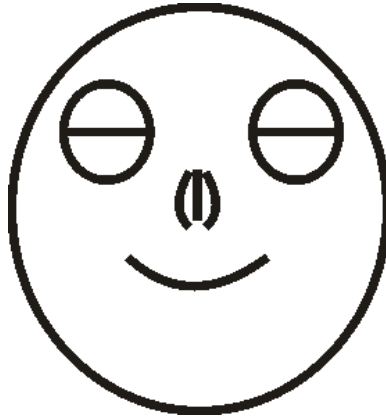
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Why do we spend up to
1/3 of our life asleep?



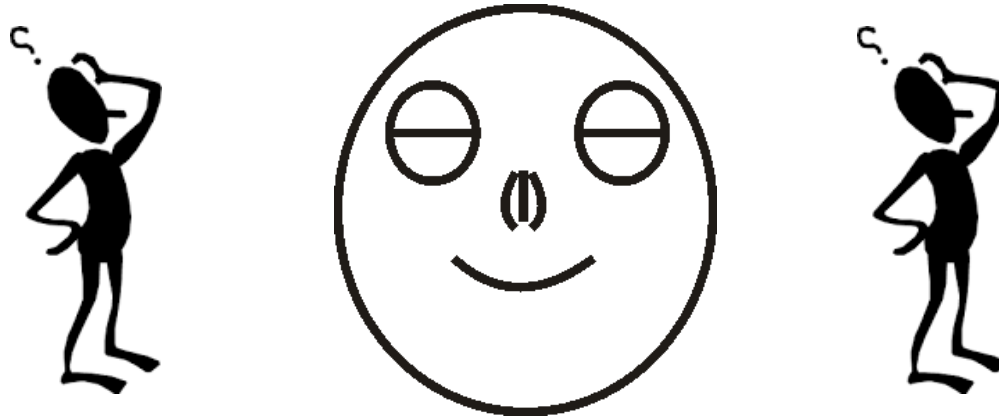
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Sleep helps consolidating new memories!



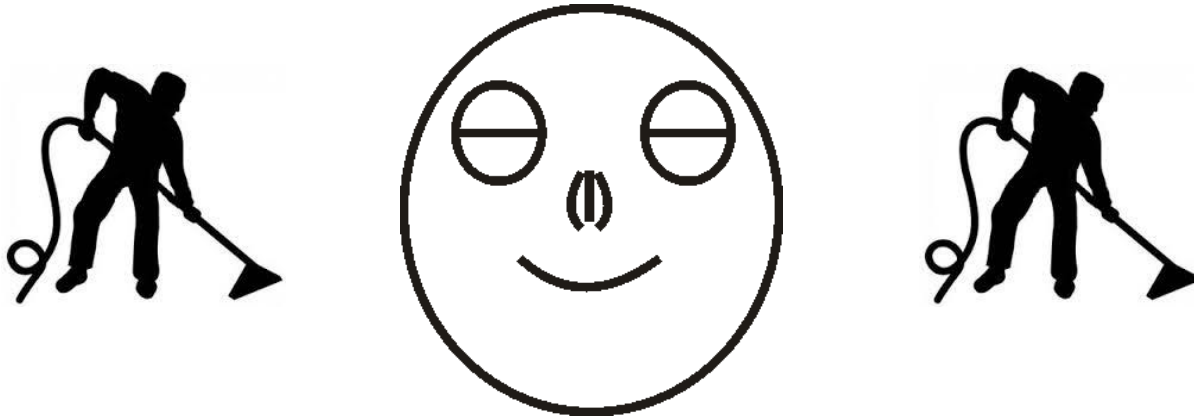
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Sleep helps solving intellectual
problems occurring during wakefulness!



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During sleep the brain is cleansed from substances that can damage brain cells!



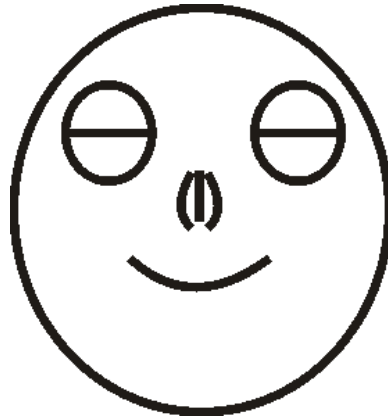
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**Take
home message*

Sleep matters for our general health!



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How well do we sleep in Sweden?



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~30% sleep less
than recommended!



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~50% state they feel still tired
after their regular sleep!



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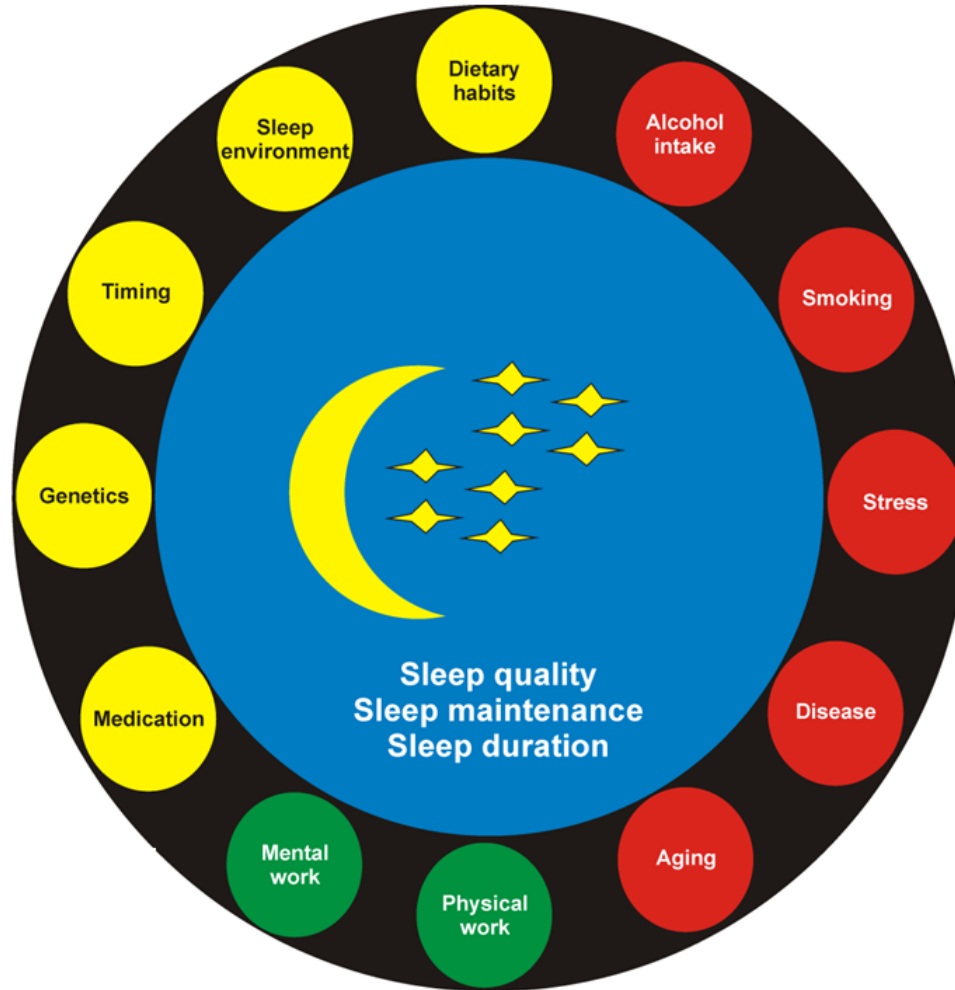


What causes sleep problems?



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Bad
Both
Good





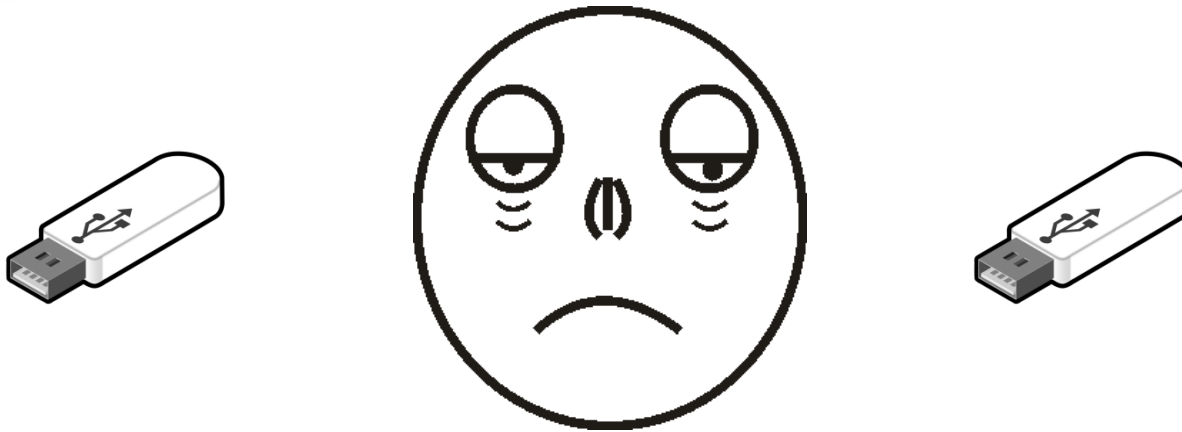
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What are the health consequences
of chronically poor sleep?



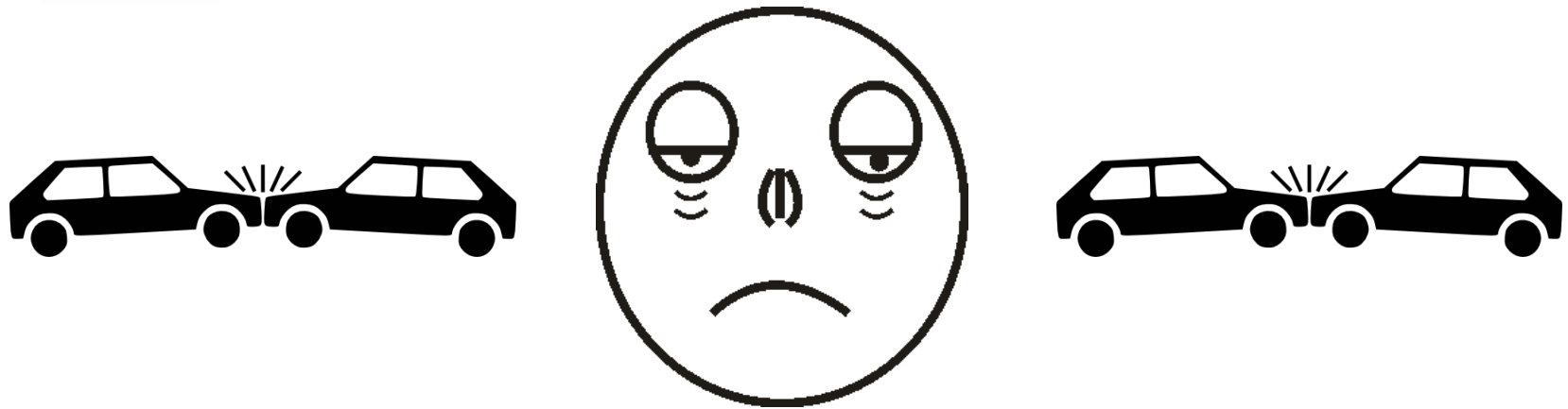
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Impaired memory performance under
stressful conditions!



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Increased risk of traffic accidents (~10%)!



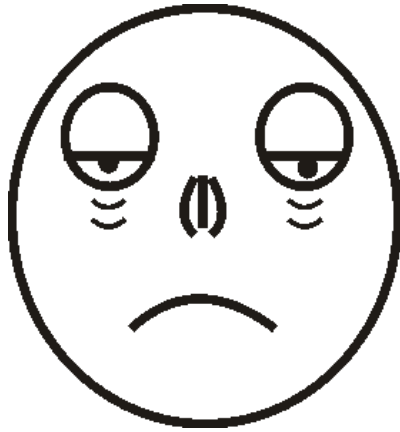
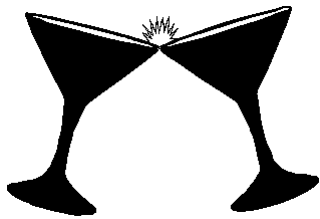
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Increased risk to develop diseases,
e.g. Alzheimer's disease (~50%)!



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Increased risk of alcohol and illicit
drug abuse!



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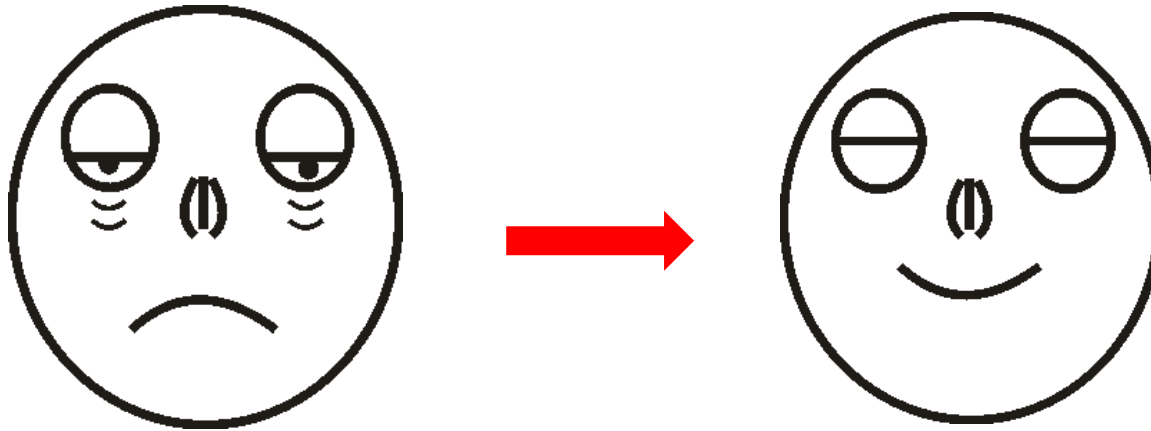
**Take
home message*



Poor sleep can lead to
worse performance on the job
and increased sick-leave



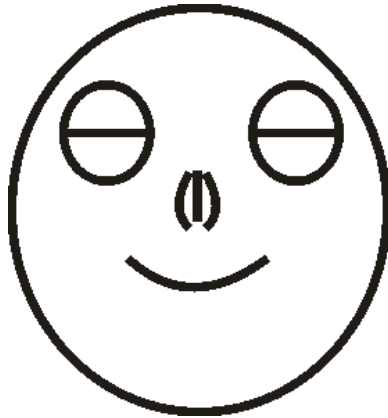
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How to improve sleep?



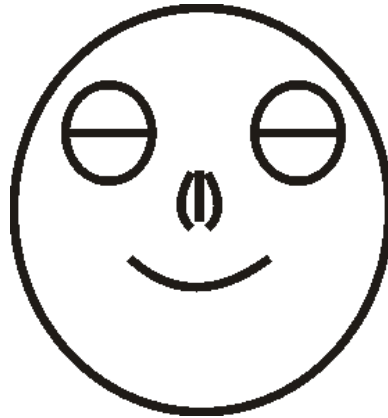
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Be physically active three to four hours before bedtime.



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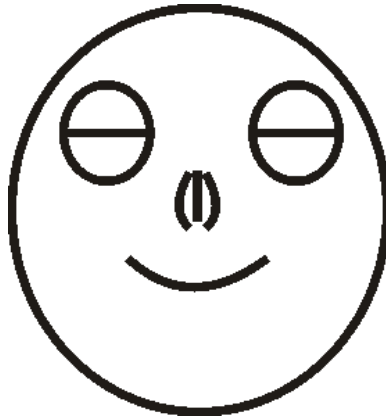


Be physically active three to four hours before bedtime.

Dim room light 30 to 60 minutes before bed.



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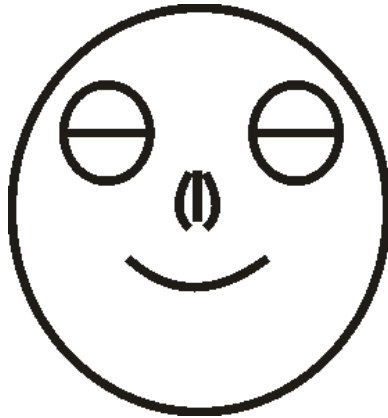
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Your bed is a place for sleep, not for work.



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Try sleeping at same times.



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Acknowledgments



My team



Vetenskapsrådet



Hjärnfonden

My funders

novo nordisk fonden