

Please stand by for realtime captions.

>> Sound check, will be getting started in eight minutes at 2 PM. Could one of the, somebody in the audience put in the chat box if they can hear okay? I would appreciate that. Thank you.

>> We are doing another sound check. We will be getting started in three minutes at 2 PM. Thank you for chatting that you could hear me into the chat box, I appreciate it.

>> Good afternoon, everyone. Welcome to the FDL P Academy. We have got another webinar for you today. Frequent webinar presenter, Jane Canfield is back with another great webinar for us. Titled a good nights rest, a government resources can teach you about adequate sleep habits, let's -- I was just talking to my calling, I think we both need this webinar.

>> [Laughter]

>> Let me read you a little thing, you have probably listened to many of her terrific webinars. Jane is the coordinator of federal government information, and documents at Pontifical Catholic University of Puerto Rico . She has 40 years of experience in the library field. She started her career as a public librarian, moved into school libraries, taught for six years, and the Interamerican University graduate school of Library and information sciences. Worked as the director of the library of a postsecondary vocational school, and arrived at her current job in 2007. She fell in love with the world of government documents and has taken on the special task of promoting documents that exist in other languages and especially Spanish as 100% of her users are native Spanish speakers. Jane is also at the library counsel. Before you started, I'm going to walk you through a few of our housekeeping reminders. If you have any questions or comments on the presentation, please feel free to chat them in the chat box. Located in the bottom right-hand corner of your screen. I will keep track of all of the questions that come in and at the end of the presentation, Jane will respond to each of them. We are also recording today's session and we will email a link of the recording and slides to everyone who registered for this webinar. We will also be sending you a certificate of participation, using the email you used to register for today's webinar. If anyone needs additional certificates, because multiple people watched the webinar with you, please email FDLP outreach and include the title of today's webinar along with the names and email addresses of those needing certificates. If you need to zoom in on the slides being shown by the presenter, you can click on the full-screen button in the bottom left side of your screen. To exit the full-screen mode, mouse over the blue bar at the top of your screen so that it expands. Then, click on the return button to get back to the default view. Finally at the end of the session we will be sharing a webinar satisfaction survey, with you. We will let you know when the survey is available, and the URL will appear in the chat box. We would very much appreciate your feedback, after the session is through today. Also, please keep in mind to reserve your comments about presentation style and value of the webinar for the survey, and use the webinar chat box for questions you would like to ask the presenter and to report any technical issues you encounter. Now, Jane may be screen sharing part of her presentation, going to live websites. If she does that, you won't see the chat box in the lower right side of your screen, so in that case if you want to ask a question, and watch the chat traffic as Jane is presenting, just mouse over the blue bar at the top and when the menu drops down, click on chat to enable the chat box. With that, I will hand the virtual microphone over to Jane who will take it from here.

>> Okay, thank you, good afternoon, everyone. On the first slide you see here, it has all of my contact information on it. Anyone feel free to contact me. As always, I make the offer because the format of the webinars and the FDLP Academy of PDFs and the links are to live, if you want an actual copy of the PowerPoint , just email me separately and I will send you the PowerPoint. And here we go! Okay, today we are talking about a good nights rest. Government resources that can teach you about adequate sleep habits. I am willing to bet that not one of you out there knows everything I learned while doing this, I certainly didn't. And most of us almost certainly aren't getting enough sleep at night. So, let's get started with some facts about sleep. And then later, we will go live, to some of the sites where I found the

information. Okay, sleep. One of the things is you can't live without sleep. If you are deprived from sleep long enough, you are going to die. Sleep is as an important part of our day, as getting enough food, getting enough water. You need sleep to maintain what goes on in your brain, create memories, help you learn. Without sleep it is harder to concentrate. I thought maybe it was age that was making it hard to concentrate, but maybe it is just not getting enough sleep. And it is not my age after all. Sleep is also important to a number of our brains functions, including how are self -- ourselves communicate with each other. Your brain and your body both stay active while you sleep. Which is interesting, recent findings suggest that sleep has a housekeeping role, but when we sleep, what our brains are doing, is processing what happened during the day, making sense of it, and getting us ready for the next day. However, the real biological purpose of sleep, still remains a scientific mystery. Okay, these are just some little bits of different kinds of facts and I am going to on and explain some of them a little more. Taken from, you can see the address, from the CDC.gov sleep page, which we will also go to live, a little bit later. Getting enough sleep, is really not a luxury. It is something we need for our health. Unfortunately, for most of our lives, whether you are a student, whether you are a young parent with three screaming kids who have homework, and you have a job, whether you are those of us who are getting a little older, who just simply because of age don't sleep as well at night. Sleep really is something that we should not consider the luxury that we often do. Insufficient sleep is linked to the development of and the ability to manage a number of chronic diseases. Drowsy driving, is a major problem in the United States, and a little later, I have some information and statistics on that. Adults need seven or more hours of sleep per night. Most of us don't get that much. But we should. Good sleep habits can help you get a good night sleep. So, let's look at a little more of these things. Okay, how much sleep do you need? Well, if you are a baby you need 14 to 17 hours a day, although I am pretty sure when my kids were babies, they didn't sleep that much or it certainly didn't feel like they slept that much. And as you get older, you need less sleep, but even all the way through your teen years, teenagers need a minimum of 8 to 10 hours of sleep per night. And they are among the groups least likely to get that sleep. As adults, our sleep needs vary a little bit -- a little bit based on our age. Until you are around 40 or 60, excuse me, 60, you need seven or more hours of sleep a night. As you age, there is a myth that I have heard, I heard it from my grandparents that with age you need less sleep. That is really not true. With age, most of us actually need one or two hours more sleep a night. And we did, as younger adults. Okay, this is a map of the United States, again, taken from the CDC's risk factor for diseases and behavioral problems survey. This is a map of the United States, showing which states are most and least sleep deprived, so you can take a look at your state or your area. And find out how sleep deprived your area is. I thought it was extremely interesting, and I did not find a reason why, that there appear to be geographical clusters here, of states that are least sleep deprived, states that are sort of medium, and states that are really helpfully sleep deprived. Again, I looked for an explanation, identified one, I guess if you want to get enough sleep, moved to the Midwest. Or the Far West. Because apparently, those people actually get enough sleep. Let's talk a little bit about the key sleep disorders and some chronic diseases that are related to not getting enough sleep. Insomnia, obviously his lack of sleep. Narcolepsy, which is falling asleep too easily during the daytime. Or restless leg syndrome, and sleep apnea, where you actually quit breathing drink or sleeping cycle. These are all disorders, actual disorders of sleep. And I gave you the address here of the CDC information page about this. There are chronic diseases that are also associated with not getting enough sleep. Diabetes, not type one, but type II. Cardiovascular disease, obesity, oh, if I could just solve my fat problem by getting enough sleep, and depression. These are all related to being more difficult to control and more likely to occur, if you are deprived of sleep. Okay, let's talk a little bit about, there are habits that can improve your sleep. And I don't know about all of you out there listening, or my colleagues who are here with me, I am willing to bet all of, none of us to all of these all of the time. Be consistent, go to the bed at the same time each night. I have already ruined that one on weekends. Making sure your bedroom is quiet, dark, and

relaxing. And at a comfortable temperature. If you live in the city, sort of having blackout curtains, it is really hard to make your bedroom dark enough. We move electronic devices, TVs, computers, smart phones, from your bedroom -- remove electronic devices. TVs, computers, smart phones, from your bedroom. I am married to a man who thinks that watching television on his phone while falling asleep is a fun thing to do. So I certainly violate about one. Avoid large meals. Caffeine. And alcohol, before bedtime. One of the myths that a lot of us have heard, is that having an alcoholic drink, a glass of wine, a beer, will make you sleepy. It will. It will make you sleepy. But later during the night, it actually will interfere with the quality of your sleep. Get some exercise. Be physically active during the day. That will help you go to sleep more easily at night. If there is any of you out there who actually do all of those, congratulations. You should be getting a good night sleep! Okay, this next one is on drowsy driving. Drowsy driving, I was unaware how huge a problem it is, although I do know, some years ago, we had a professor who from the University, who was coming home from a trip to San Juan which is about two hours away, and fell asleep and actually was killed, and -- in a car accident, so yes it does happen. Drowsy driving is an increasing and deadly phenomenon. It is a major problem. It is apparently so alarming, that the CDC has multiple infographics, multiple media presentations, multiple information, and you see the link here, on your screen. What are some of the warning signs of drowsy driving? Yawning or blinking frequently. Not being able to remember the last few miles you drove. I am not commuting to work anymore, but in the days when I commuted, I actually drove home on wrote all of the way home more than once. Missing the exit that you need to get off at. Drifting out of the lane you are driving in. And probably the worst of all, hitting a rumble strip, you know those things in the middle of the road that are supposed to keep us from cruising over into the next lane of oncoming traffic. Okay, here is a little bit more. What is drowsy driving? It is any version of operating your motor vehicle of any kind, while you are sleepy, or drowsy. Drowsy driving is a big risk for you, and for other people. I am going to read some of the statistics because they are appalling. Drowsy driving is responsible for an annual average of 83,000 car crashes. 37,000 injuries, and 880 -- 886 car crashes that are fatal. In any given year. How often do we fall asleep while driving? One out of 25 of us reported that we have fallen asleep while driving, within the last 30 days. So, please, this is such a big thing, that even various states have gotten involved. The two graphics that you see are actually from one is Pennsylvania and the other one is Tennessee. Who are involved in campaigns against driving while you are too sleepy. Okay, sleep and children. Oh no, I am missing ... we have got a ... okay. A good night sleep, okay. This is right, I am sorry. Sleep and children. Sleep for children is probably even more important. To their development, then it is for adults. It is essential to their health. And their development. This information, all came from, and I put the direct link on the bottom. Interestingly enough, from Army information, for families in the military. And it was excellent excellent information. On the sleep the children need, and how to make that possible. One of the things is setting boundaries around using electronics. Don't let your kids take their cell phones to bed. Even if you take yours to bed. Avoids televisions and computers and bedrooms. Keep your children sleeping environment, quiet, dark, and at a comfortable temperature. Many of the things we should be doing as adults. One of the things this article pointed out was as adults, and parents, we should actually be the role model for our children. Sleep and teens. Teens have unique challenges for getting enough sleep. And very few teens get the nine hours of sleep they need. I know that as a teenager, I didn't get nine hours of sleep at night. I am pretty sure my 13-year-old grandson who just turned 13, and is in the eighth grade, knowing that I get messages from him at 2 AM, I am pretty sure he is not getting enough sleep. So, yes, for teenagers, despite their activities, they find it harder, because of the way their bodies are developing, to wake up early in the morning, and they tend to do -- they tend to go to sleep later at night. There is some information in the same article, from the Army, and also on the CDC sleep page, which you have on the bottom there. That there are states that have actually began to for middle school and high school students, start school classes after 8:30 or 9:00 AM. To ensure that teenage children are having a chance to get adequate sleep. Okay. This is a list of

some of the available resources, and we are going to go in a minute, and we are going to go live, and take a look at some of these that come up. There is one there on sleeping and aging. The other three are general resources with information on the topic. Okay, those of you who know me and know that I live in Puerto Rico and speak really bad Spanish, but you know that I always throw in something on resources in other languages. This is a screenshot of the MEDLINEplus page on sleep resources, healthy sleep, and a list of the languages, in which MEDLINEplus has resources on healthy sleep. They include languages that I couldn't possibly pronounce. Or speak. As well as Spanish. So, if you have library users or friends or neighbors who need any of the languages, the information is available in those languages. I included here, here are some more, these are all resources that are available in Spanish, so I wrote them in Spanish. Sleep problems during pregnancy. And general sleep problems. All three of these will take you to information on those topics. In Spanish. If you have Spanish speakers and Spanish-speaking library users, and your library. Okay, I included this, this is the first time I have done this in a webinar. I think I am going to start doing it. The various government agencies on YouTube, publish some really excellent videos. I pulled out three, two from the CDC, from their work health program, sleep story makes sleep a priority, the second one, make wellness your business, sleep strategies for the workforce, is an hour-long webinar, from the CDC, about how employers and employees can work together to develop strategies to ensure that employees, particularly those who work on shifts at night can get adequate sleep. And the last one is from FEMA, but it has to do with preparing for a daylight savings time -- for daylight savings time, how you deal with that particular time change. You want to go take a look at all three of those videos. They are all very good. I always throw in a few state and local government resources on sleep. All three of these, one from Virginia, one from Florida, and one from Texas, all three of them, I found by searching USA.gov, for state and health resources. If you search for your state in particular, if anything exists, if you put Texas and health resources, what ever exists, will be on, within USA.gov. The last one from Texas, is in Spanish. Okay. Serendipity. This has nothing to do with today's webinar on sleep, other than it had some information on sleep. I found as I was looking for sleep resources, this site from the CDC called work place health promotion, that has tools for employers, to develop physical emotional mental financial health. It is an excellent site for of -- site full of resources. I will throw out there to GPO that I would really love to have someone from the CDC who knows this site, and works with it, invited to do a webinar, or a program for us. Because it is a really good site of information. Okay. Now, let's go, let's go live, to a few of the sites that have sleep information. Okay, first when I have called up here, -- first one I have pulled up here, MEDLINEplus healthy sleep. Most of you probably know MEDLINEplus, so healthy sleep. Most of you probably know MEDLINEplus, so you know how to search within it. On MEDLINEplus, On MEDLINEplus, you get basic summary, start here, treatments for sleep problems, learning more, finding an expert on sleep, information by age groups, children, teenagers, seniors, patient handouts, and a brief summary of what is sleep. Some of the things that it helps you to do, how much sleep do you need. Overhear you, you can find -- over here, you can find related topics, you can find sleep disorders, you can find other languages. And, there is an issue of the national institutes for health MEDLINEplus magazine on dedicated to sleep. Let's go to my next site, this is, this one has to do, this one is from the national institutes of health. It is information on brain basics, understanding sleep. And it has a lot of information to help you understand what sleep is, how it works, sleep stages, that is really interesting. I am going to call it dreaming, just to give you an idea. And you can look at the information here on a little bit about what's known about dreaming. How some of us dream in color and some of us don't. You also can learn about the roles that our genes and neurotransmitters play, and it says that genes made to be directly involved with our sleep patterns and sleep disorders. And there are genes that influence our daily circadian rhythm, and our timing of sleep. So I think it's interesting that again, here is another area that medicine and science are finding out, our individual genes play a large role in who we are, how much sleep we need, whether we need much sleep at all, I know for sure, I have always wished I could be this way, my father really slept -- rarely slept more

than three hours a night. He just didn't need sleep. There are people who need very little sleep. There are other people who may need as much as 12 or 13 hours of sleep a night. It just depends on who you are. So this particular page has a significant amount of information that indicated -- information dedicated to how your brain deals with sleep. Some more steps -- more tips for getting a good night sleep and there is research on going for those people who have sleep disorders, and an address, and a website, for more information.

>> Let's see, the final site I want to call up, and my favorite, the Center for disease control's page on sleep. And sleep disorders. They would say that a third of us get less than the recommended amount of sleep. If I go down here, I can find from the Centers for Disease Control, basics about sleep, about their program, fact sheets, other publications, media products, which are podcast's, and videos, information for clinicians who treat sleep disorders, and other resources. I can also get data and statistics. And information about the CDC surveillance program, because not getting enough sleep, is a risk factor for both physical and mental illness. I really like the fact sheets page here. So we are going to go take a look at the fact sheets. Here is a list. Of the fact sheets. A map, a table, a chart. You can select your state, unfortunately, Puerto Rico isn't one of the places I can select. So, since I am from Louisiana, I will select Louisiana. And call up that fact sheet. We hope, let me try clicking. Okay, clicking on Louisiana did the trick. And here is information that the Center for disease control had compiled on sleep information for the state of Louisiana. And you will see, and each state has this, there is a map by counties, which is just like the U.S. map. Of which counties in the state are most and least sleep deprived. And then there is the U.S. map that we have already seen included. Then, there is a table for each state, you will get this table of statistics, by all adults, by men and women, by age groupings, by race and ethnicity, for percentages of people who are not getting enough sleep. There's another chart of what are the risks in your turbine - in your particular state. And how those are related to sleep or lack of sleep. So that she just give you an idea of check it out, check it out for your state, I am going to go back here to the fact sheets. There are also here, publications, a list of other publications on sleep from the CDC. And this is a list, this is a list of publications from the CDC, that have to do with the topic of sleep. Most of them are from serious medical journals, and our research and investigation articles if you would like to explore in more depth, what happens when we don't get enough sleep. And by the way, I haven't found anything that says any others are getting too much sleep, so ... there is a resource page. That will take you to in this case, this resource page will take you to outside resources, but resources that the CDC has looked at and approved, or people that they partner with. Which includes the American Academy of sleep medicine, the the national health sleep awareness project, the national sleep foundation, the American sleep Association, the national heart lung and blood Institute, so you will find here, a large variety of resources, information for patients who have sleep apnea, narcolepsy, other resources, the sleep research Society, the national Highway traffic safety administration, which has resources on driving while you are too sleepy. And, you can also download this to have a copy of in PDF, of the resources that exist from the CDC. Okay, with that, I am going to go back to my webinar. We are finishing a bit early, so there should be plenty of time for questions. I am going to say thank you for not going to sleep during the webinar! Your brain will thank you if you sleep, and I added in Spanish, translated, the happiness of life is sleeping well. So, with that, I am open for questions or comments.

>> Thank you, Jane. Great webinar! Sean and I were talking before the webinar, we definitely need this, we get much too little sleep, maybe four hours each of us. So, that is not good. Any questions for Jane? I will just make a comment on a personal level, I have been dealing with sleep apnea, I have known about it for five years, so I use a CPAP machine, it is good to do research on that and see if you may need to get checked for that. My wife noticed ...

>> Thanks for that comment, we have an employee in the library who also has sleep apnea. It is a lot, and I have a very good friend from college, who actually because her sleep apnea has wound up having

to have a tracheotomy. So it's something if you think there is any possibility you have it, you really should get checked.

>> It can be very serious. Some people die from it. Reggie White, if you knew the famous football player from years ago, he died of sleep apnea. You know you stopped breathing, basically you stop breathing multiple times, many times during the night. And so, the CPAP machine, I am not a doctor so I don't want to get into all of that but I would do some research when using some of the great resources Jane has provided, it is a serious issue. And one of the issues. Here is a ... mark has a comment. The print version of brain basics understanding sleep has historically been one of our most popular item so far.

>> Okay, cool. Mark, would you chime in which library you are at? I am curious to know, and it is nice to know that that has been a popular publication.

>> Mark says northeastern, northern Illinois University.

>> Any other questions for Jane? Here is a comment from Andrea. What about over-the-counter sleep medications or prescription sleep medications, dangerous, good or a bad idea?

>> Okay, not being a doctor, I am not going to comment, other than to say within that CDC, sleep information page, and also on Medline, there is information on the pros, the cons, the good, the bad of taking over-the-counter, or prescription sleep medications. I have tried, when we travel, and I don't, I am not one of those people that can fall asleep on an airplane or travel well. So, my family doctor swears by melatonin. All melatonin did for me was make me groggy for a week. So, it may depend upon who you are, but the information on the CDC page and also in MEDLINEplus, there is information on medications for sleep, both prescription and over-the-counter.

>> Thank you. Any other questions for Jane?

>> Ondrea gives a nice shout out, thanks for the resources. We have plenty of time for questions. Sean is going to put the satisfaction survey for the webinar in the chat box, please give me a look -- please give that a look. Mark is saying very well, nice shout out.

>> Sean will put in the chat box some links to her famous science series, she has done more than that, but that is a good one. And we have a brand-new file repository we are proud of, Sean helped put it together, you can search and have webinars or ties and is very easy to find webinars now for the last two years, and there is links to Jane's webinars.

>> The new file repository really does make it much easier to find webinars. On a specific topic.

>> Those are for the last two years, we also linked to our old archive which is kind of clunky but it includes all of the older webinars also. So please give that a look. Let's see if we have other questions. Also if you want to find about the FDLP Academy, my former colleague, Scott, wrote a very nice article about the Academy that includes webinars, conferences, training. And we do quite a bit. So, he wrote a very nice article about it, there it is right there in the chat box. So, give that a look. Let's see if we have any other questions. Any other questions for Jane? These are great resources. I will have to check them out myself. When you have sleep apnea, you become very conscience conscious -- conscious of sleep issues.

>> As you find any others, you can let me know. Okay, as long as phones are on, do not, I am reading the chat. Are they a problem in the bedroom? From what I read, while putting this together, part of it is the sound, but more of it is the particular blue, the particular kind of wavelength of blue light, that comes from our laptops, tablets, and phones. That is what makes them a problem.

>> Ondrea says thank you. I imagine the temptation of constantly checking it. I am a little old school and old school, so I don't really have that problem. -- A little old and old school, so I don't really have a problem.

>> I basically put my phone on do not disturb and put in a drawer next to the bed and don't even think about it at night. But I know that our students, my husband gives all of his students his cell phone number. And he gets messages at 2 AM. 3 AM. So, I am pretty sure that the younger generation is not quite as old-school.

>> Any other questions for Jane? Jane has a bunch of more webinars coming up and I think she got, might even be three in December so keep an eye out for our calendar and our announcements.

>> It is only two in December. Then there is one in January, and one in February. So, you can wait, you can wait until February to ask me what's coming next.

>> [Laughter]

>> Okay. Let's see if there is any other questions. Let me go into our wrap-up time, and while I am doing that, do we still have -- we still have time for questions. So first off, I would like to thank Jane once again for a terrific webinar as always. Also, I would like to thank my colleague, Sean for his great work as tech support, keeping everything running smoothly. And thank you audience, I hope you enjoyed this webinar as much as we did here at GPO. Don't forget our upcoming webinars, we have two more scheduled for November. The next one is Tuesday, November 27, entitled stay up to date with nutrition. The national agricultural Library, and it's all my nutrition resources. Jane has presented on this topic before but the panel we have here, are very good. They are from the nutrition.gov website, and all presenters besides having a lot of credentials, they are all dietitians. So, that should be a very good webinar. So, I highly recommend that one. You will receive notice of all of our upcoming webinars, when they are announced, if you sign up for our news and events, email alert service at FDLP.gov. From the FDLP Academy webpage which is linked in the index section@thebottomofthetran09.gov homepage, you can view a calendar of upcoming webinars and other events, access past webinars from the archive in our new file repository, and link to a web form to volunteer to present in FDLP webinar. Jane has done many webinars for us, so I know there is people in the audience who could do a great webinar, on any topic, it could be how you manage your depository, it could be agency information. Anything related, FDLP related. If you presented locally, nationally, and want to share that in the FDLP Academy, you -- we welcome you to do that. We will try to make it easy for you. Let's see if we have any last comments, it looks like a lot of shout outs and thanks use -- and thank youse and praise and all that. So that is all good. Any last questions for Jane before we close out? Well I think you have cobbled -- have covered all the bases, Jane. Great resources, I will definitely dig into the myself.

>> Thank you.

>> I will thank you one last time. Thank you audience and please come back to the FDLP Academy, come back on the 27th for another great webinar and have a great rest of the day! Thank you!

>> You too!

>> Bye-bye.

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>> [Event Concluded]