

14. ULUSAL ACİL TIP KONGRESİ

5TH

19-22 Nisan 2018 Kaya Palazzo Golf Resort Otel

INTERCONTINENTAL EMERGENCY MEDICINE CONGRESS

INTERNATIONAL CRITICAL CARE AND EMERGENCY MEDICINE CONGRESS

How to regain the sleep cycle and biorhythm after night shifts?

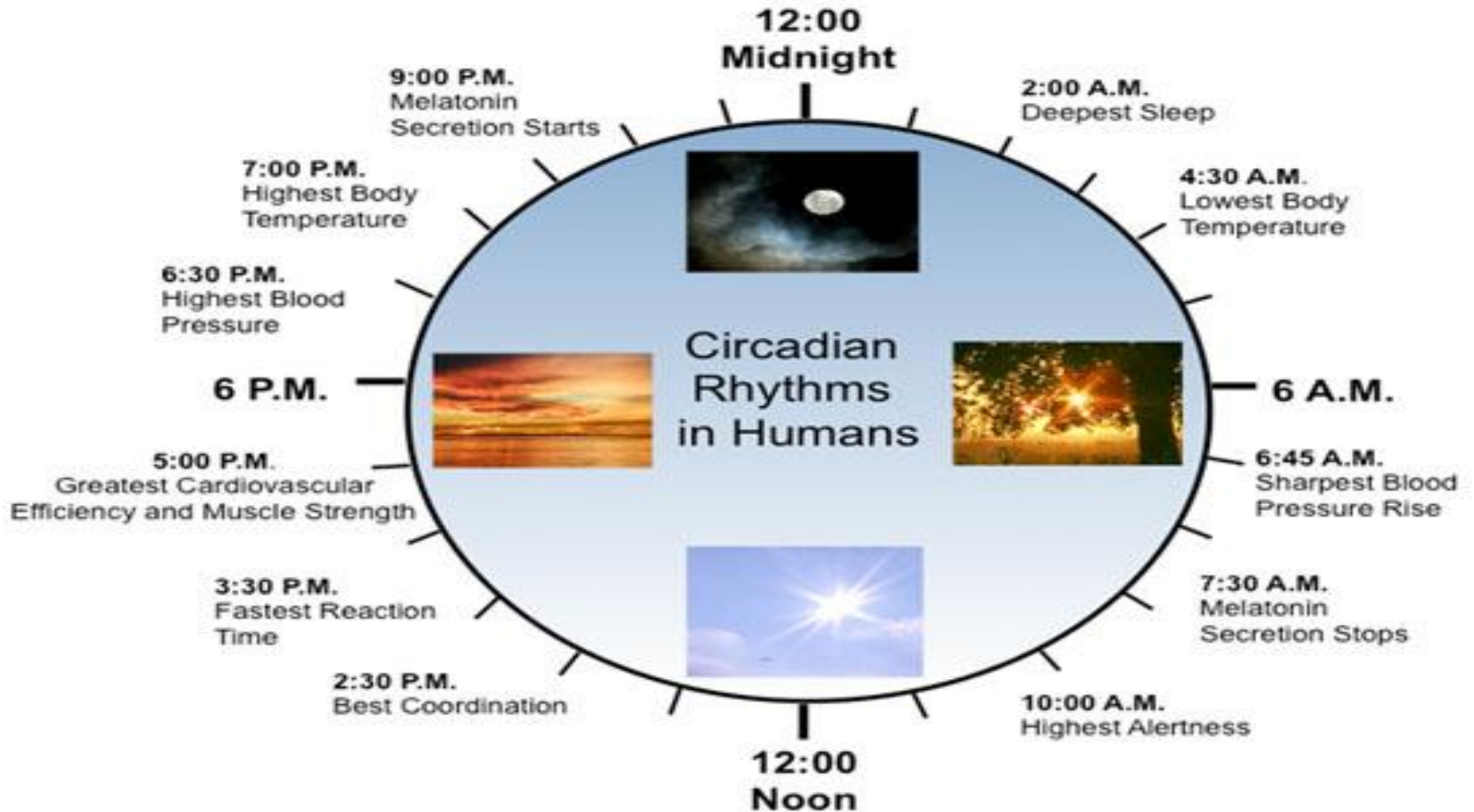
Research Asistant Dr. Hakan Güner



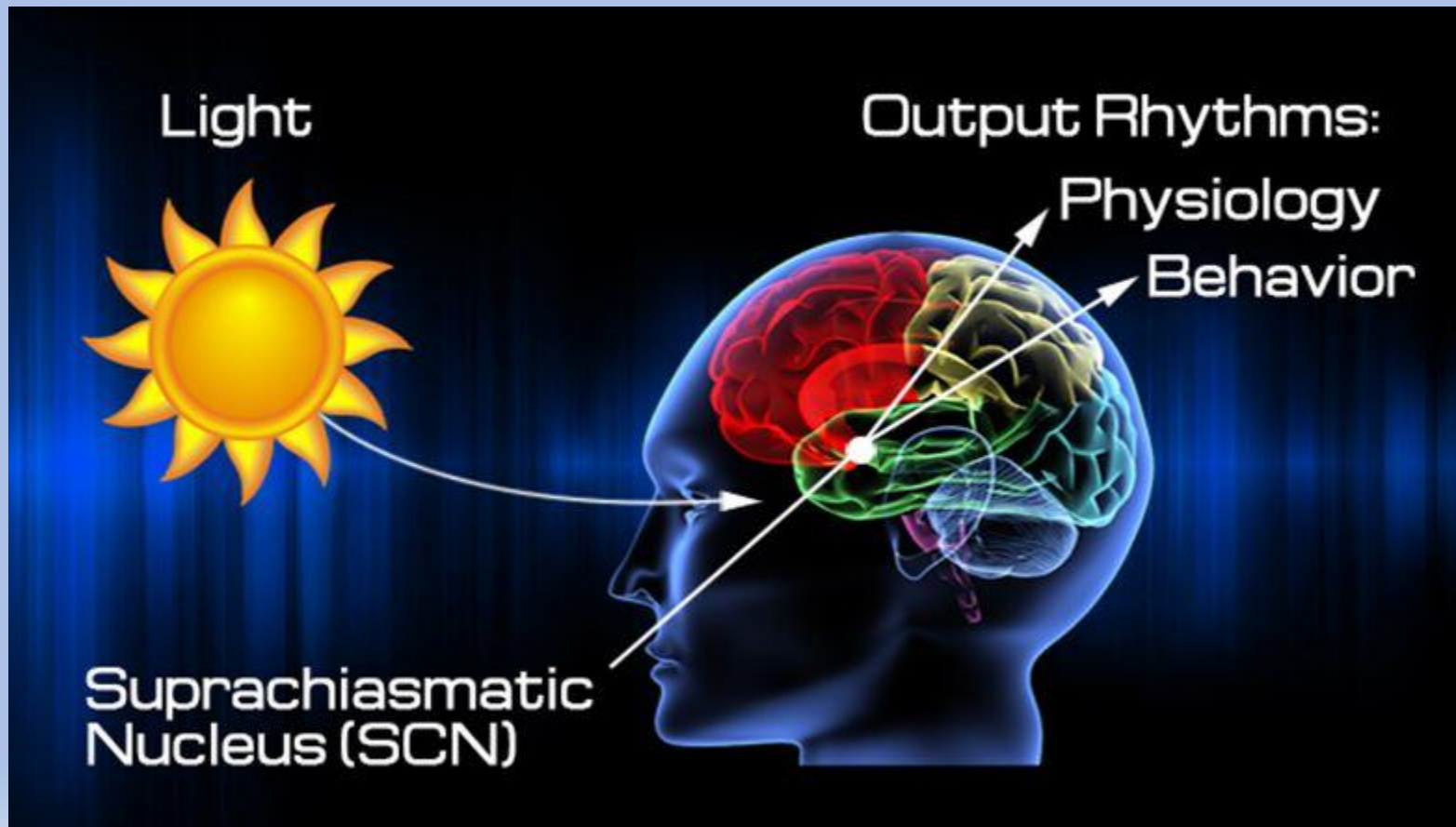
Shift Work Sleep Disorders and Treatments

- What is normal sleep?
- What is shift work sleep disorder?
- How can we treat?

What is normal sleep?



What is circadian rhythm?



Sleep Cycle ?



What is sleep disorder?

- Each of us will spend about 27 years of our lifetime sleeping.....
-And 1/3 part of the population has sleep disorder



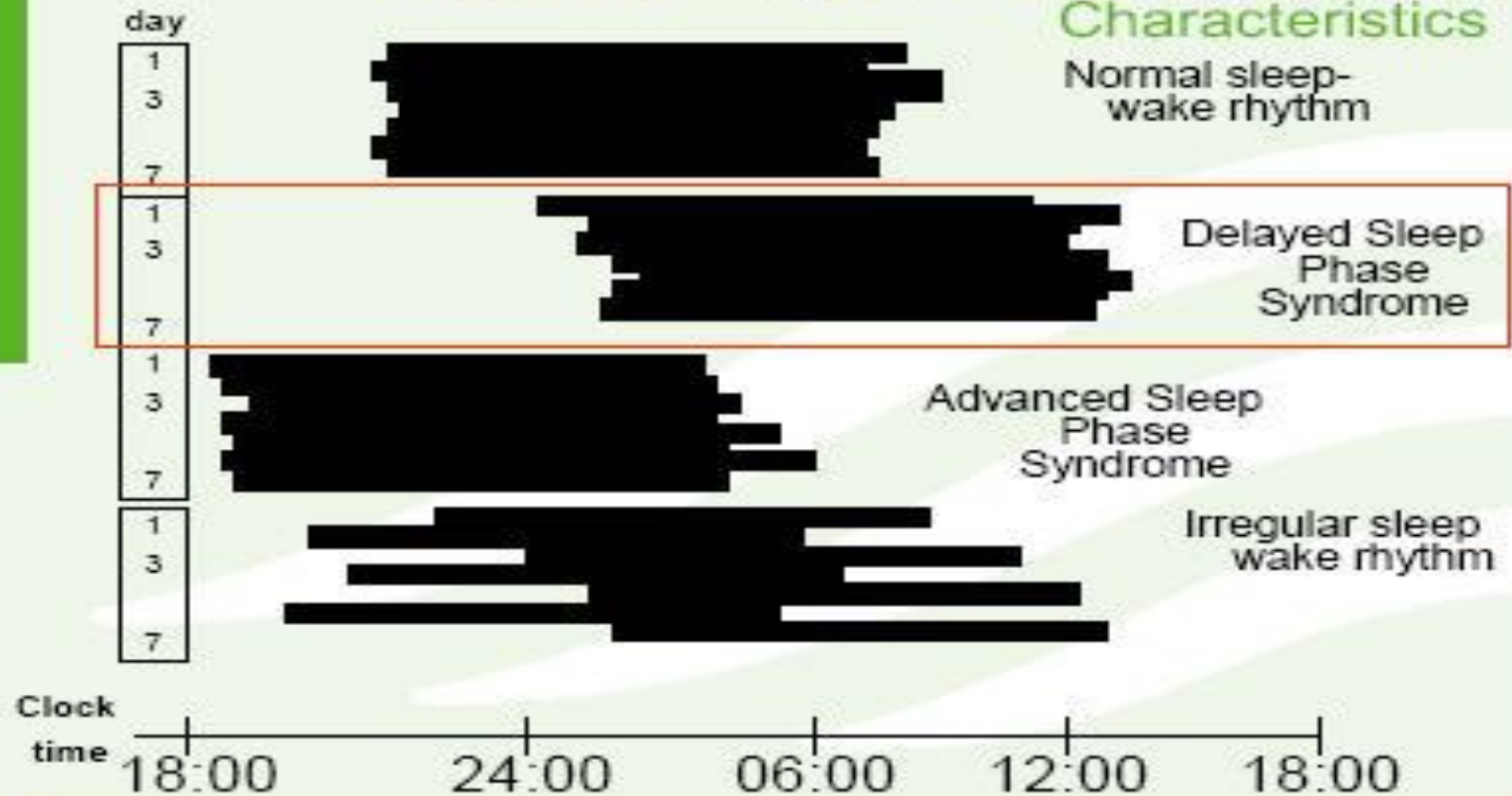
Types of sleep disorders?



What is Circadian Rhythm sleep disorder?

Circadian Rhythm Sleep Disorders

Characteristics



What is shift work sleep disorder?



Symptoms ?

- Excessive sleepiness that causes yawning or periods of sleep
- Trouble falling asleep or staying asleep between shifts
- Low energy levels
- Headaches
- Problems concentration
- Irritability or a continual bad mood

Symptoms ?

- You will sustain work-related injuries
- You will make costly mistakes
- You will need more sick time
- You will be at risk for more sleep-related car accidents
- You may use alcohol or drugs to aid in sleeping or waking

How we can regain Sleep Cycle?

- Resetting and Synchronizing circadian rhythms
- Light therapy and melatonin
- Much more research is needed

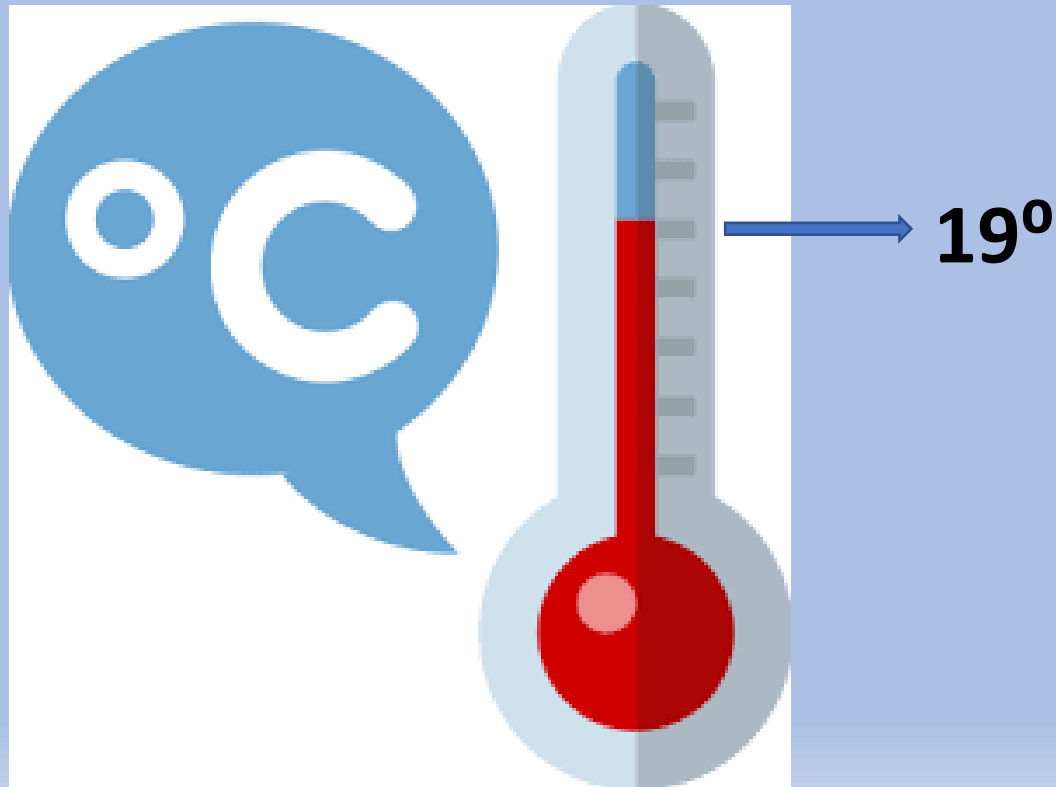
How we can regain Sleep Cycle?

- Behavioral And Life Style Changes



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How we can regain Sleep Cycle?

- Behavioral And Life Style Changes



Melatonin

[Contemporary Reviews in Sleep Medicine]

 CHEST[®]

Shift Work and Shift Work Sleep Disorder Clinical and Organizational Perspectives



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- Exogene melatonin (0.5-3 mg) can enhance circadian adaptation among shift workers

An Example Schedule For Night Shift

Time	Recommendation
Before shift	30- to 60-min planned nap
	300 mg of caffeine or consider stimulant or wake-promoting medication
First half of shift	Bright or blue wavelength light
Second half of shift	Avoid psychostimulants
After shift	Avoid bright light, consider light goggles
	Avoid driving while sleepy
Home	Bedroom environment conducive to sleep: cool, dark, quiet, uncluttered
	Consider melatonin
Nonwork days	"Anchor" sleep: maintain partially delayed sleep schedule so that some sleep always overlaps
Family and social supports	Include bed partner and family members in treatment planning, especially to accommodate shift worker prescribed sleep schedule



THE END