

# Summer Schedules affect Sleep Quality

Kathy Sexton-Radek

*Behavioral Health Department, Suburban Pulmonary and Sleep Associates, USA*

### Article Information

Received date: Jul 24, 2017

Accepted date: Jul 25, 2017

Published date: Jul 27, 2017

### Corresponding author

Kathy Sexton-Radek, Behavioral Health Department, Suburban Pulmonary and Sleep Associates, Westmont, Illinois, USA,  
Tel: 630-789-9785;  
Email: ksrslsleep@aol.com

**Distributed under** Creative Commons  
CC-BY 4.0

**Article DOI** 10.36876/smjsd.1010

Summer schedules affect all ages of sleepers. The student out of term for the summer break to the worker spending more time in outdoor activities given the mild weather lead impact the sleepers' sleep rest cycle. Research findings have indicated measured advances in both readiness for sleep and sleep times with earlier rise times. The amount of light variability with the summer months for many locations to be of a longer interval, directly corresponds to these advanced sleep timings.

For some sleepers, the advance in sleep time with a summer schedule provides more opportunities to extend the sleep period. The typical reporting of this is the adolescent sleep extension to sometimes, mid afternoon wake times. However, this situation is offset by the increase in activities during mild weather that may interfere with sleep length for some as school schedule requirements are suspended in the summer.

All sleepers have behavioral factors that may influence the determinants of sleep (e.g., sleepiness and circadian rhythm homeostasis). Summer schedules invite changes in these factors such as environmental factors of temperature and noise levels, sleep surface such as blankets, and health issues such as nutrition. For example, more non-nutritious food such as high carbohydrates and refined sugars are consumed by children/adolescents during the summer months as compared to the school year in the United States. Other sleepers may be affected by their irregular exposure to light patterns such as the television binge viewer/video games that stay in low light with artificial light viewing for long hours rather than the natural sunlight.

With these established associations of environmental factors such as light on sleep schedules and sleep quality, adjustments to better sleep quality are needed. As students return to school schedules and adults choose to turn away from outdoor exposures with less mild weather, their sleep schedules will need change. Thoughtful consideration and use of sleep hygiene factors are needed. The following sleep hygiene factors are to be considered to readjust one's sleep pattern: setting a target wakeup time and a corresponding bedtime to allow for sufficient sleep, refraining for workups and large meals 2-3 hours before bedtime, reduce caffeine intake and nicotine use. New additions to sleep hygiene lists include technology use and therefore use of Smartphone/laptop screen modifiers are needed. These adjustments to sleep schedules will prove to be helpful in the adjustment from summer sleep schedules.

### References

1. Center for Disease Control and Prevention. Insufficient Sleep is a Public Health Problem. 2016.
2. Friberg O, Bjorvatn B, Amponsah B and Pallesen S. Associations between seasonal variations in day length (photoperiod), sleep timing, sleep quality and mood: a comparison between Ghana (5°) and Norway (69°). *Journal of Sleep Research*. 2011; 21: 176-184.
3. Phillips AJK, Clerx WM, O'Brien CS, Sano A, Barger LK, Picard RW, et al. Irregular sleep/wake patterns are associated with poorer academic performance and delayed circadian and sleep/wake timing. *Sci Rep*. 2017; 7: 3216.
4. Sexton-Radek K. *Sleep Quality in Young Adults*. New York: Edwin Mellon Publishers. 2008.
5. Sexton-Radek K and Graci G. *Combating Sleep Quality*. New York: Pergamon Press. 2011.

**OPEN ACCESS**

**ISSN: 2576-5485**