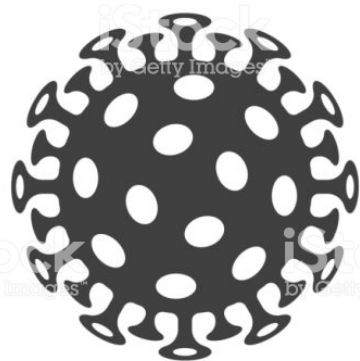


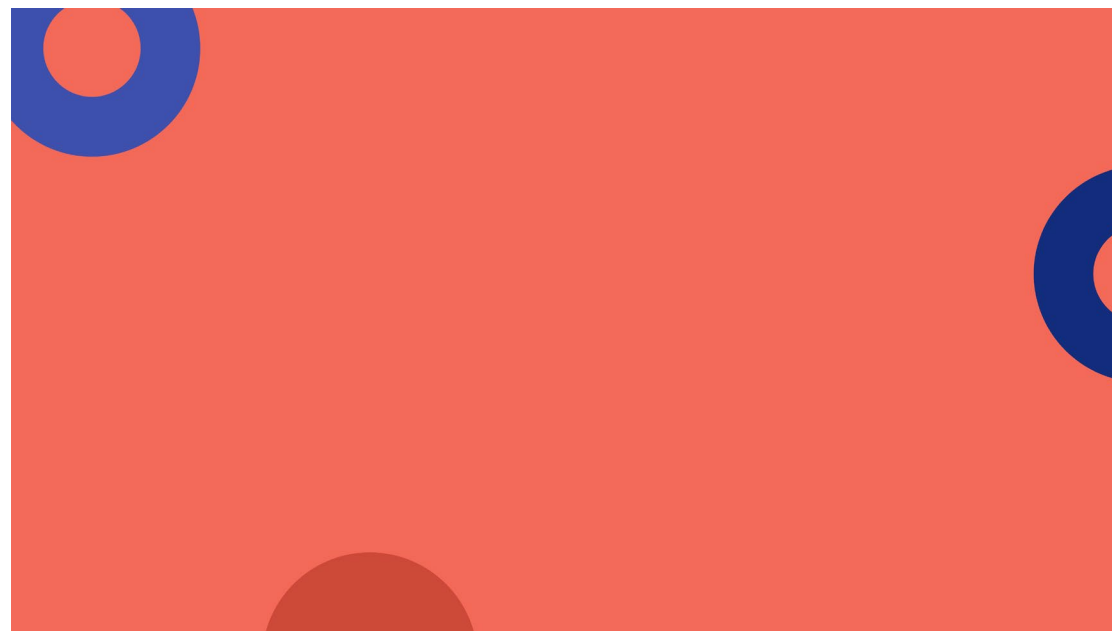
ROBIN WOLPERT

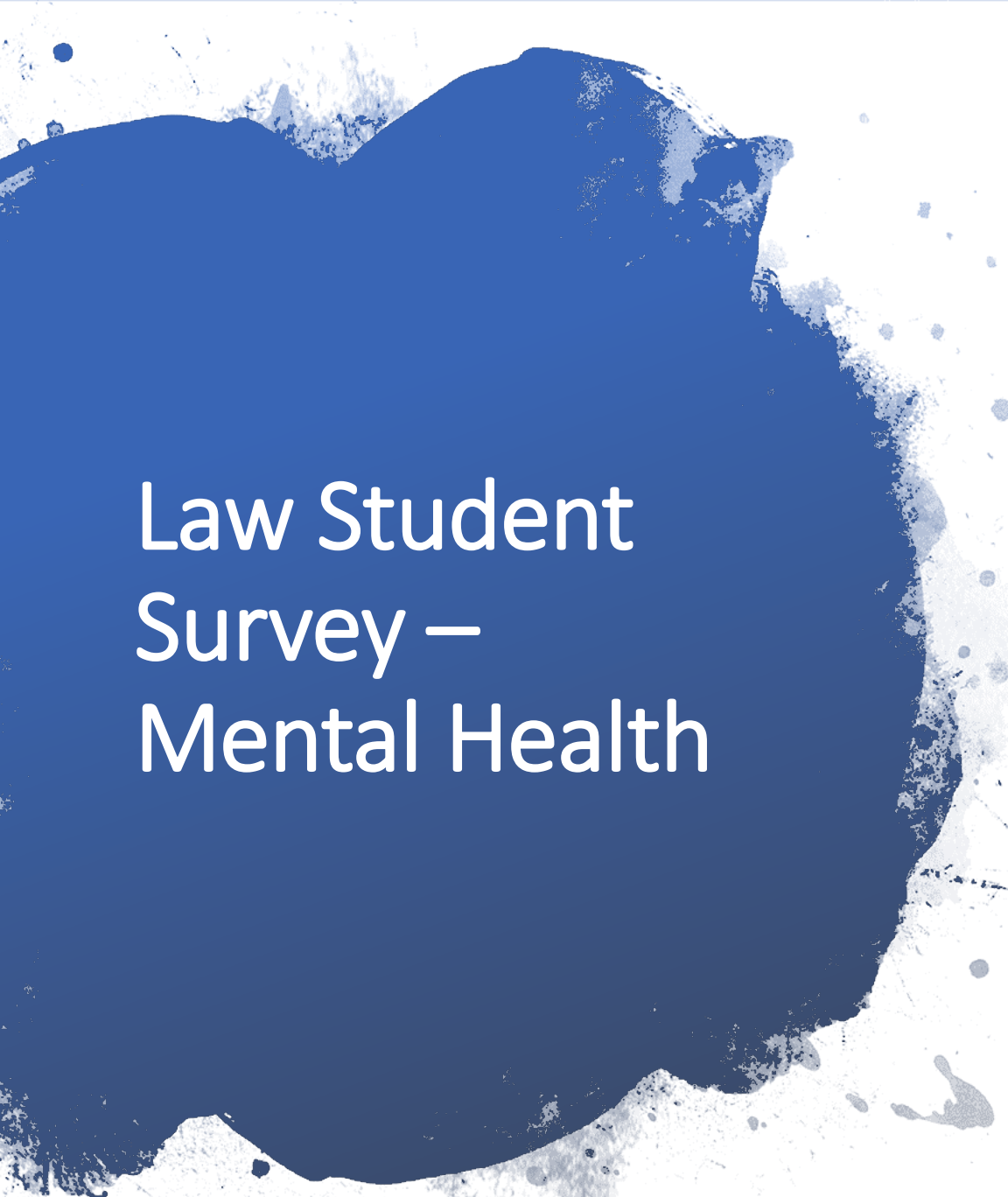
**SLEEP, ETHICS,
AND WELL-BEING
FOR LEADERS**

ANSWERING THE CALL



CORONAVIRUS
(Novel Coronavirus)





Law Student Survey – Mental Health

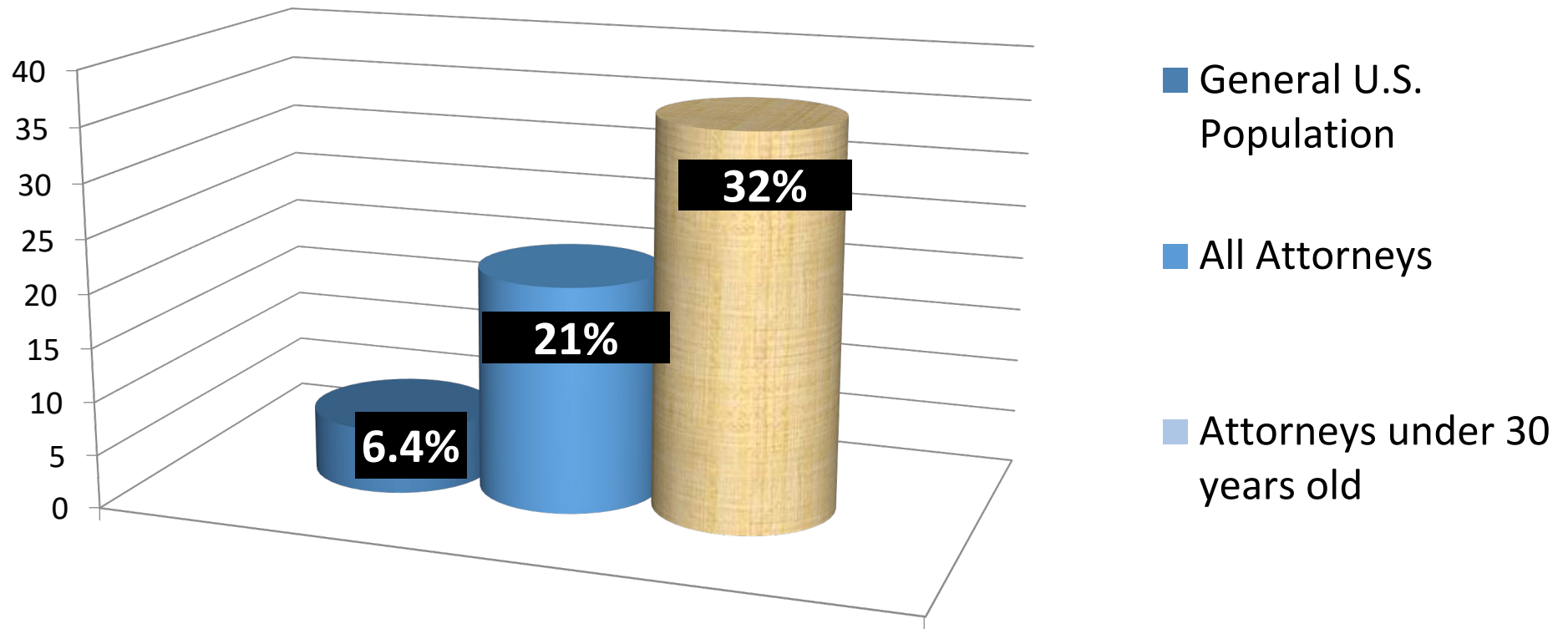
- 17% depression
- 14% severe anxiety
- 23% mild/moderate anxiety
- 6% suicidal thoughts in last year

Law Student Survey - Alcohol

- **One-quarter at risk for alcoholism**
- 15 law schools
- 3,300 law students

	LAW STUDENTS	OTHER GRAD STUDENTS
Got drunk prior 30 days	53%	39%
Binge drank at least once prior 2 weeks	43%	36%
Binge drank at least twice	22%	21%

2015 ABA Lawyer Study



"Problematic Drinking" = hazardous, possible dependence

Lawyer Study – Mental Health

- 28% depression
- 19% severe anxiety
- 11.5% suicidal thoughts during career





Young Lawyers At Risk

- The younger the lawyer, the greater the likelihood of:
 - Substance Use Disorder
 - Depression

*National Task Force on
Lawyer Well-Being:*

“...seeking to create a MOVEMENT towards improving the health
and well-being of the legal profession.”

National Task Force

*“To be a good
lawyer, you have
to be a healthy
lawyer”*



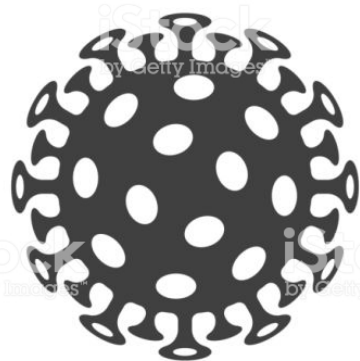
Duty of Competence

“Includes lawyers’ ability to make healthy, positive work/life choices to assure not only a quality of life within their families and communities, but also to help them make responsible decisions for their clients. It includes maintaining their own long term wellbeing.”

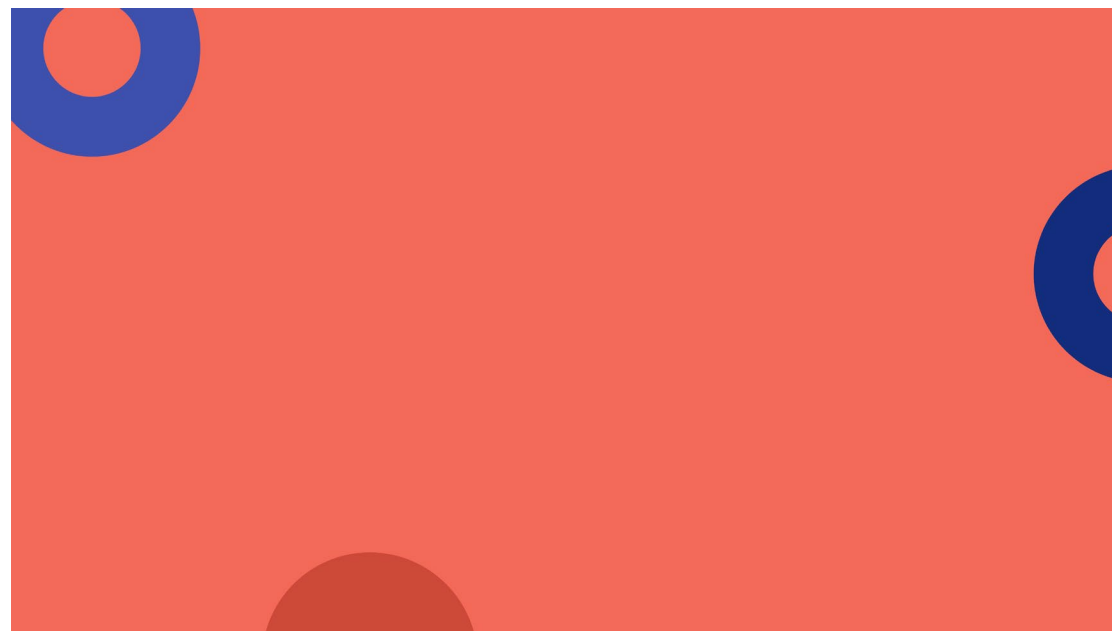


Challenges

- 21-36% problem drinking
- 28% depression
- 19% anxiety
- 23% stress
- 12% suicidal thoughts



CORONAVIRUS
(Novel Coronavirus)



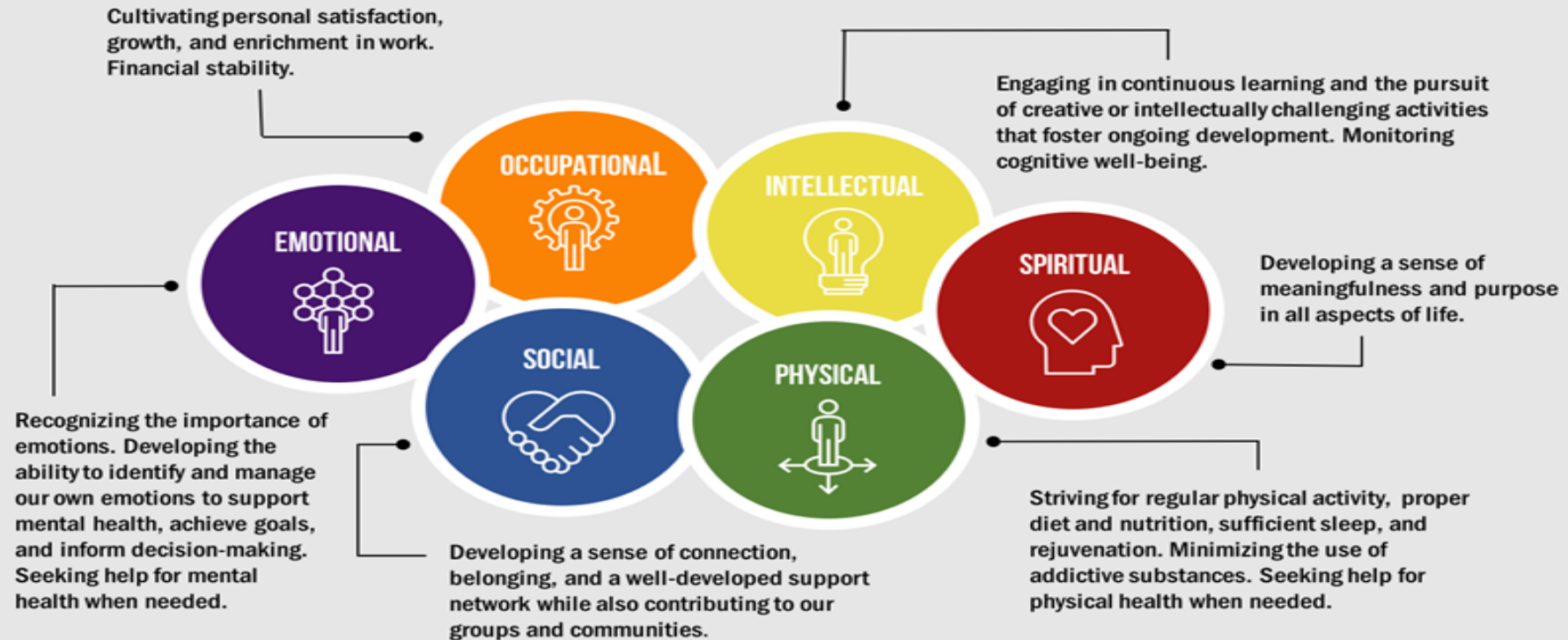


Well-Being Defined

- “a continuous process whereby lawyers seek to thrive across all life’s dimensions— emotional health, occupational pursuits, creative or intellectual endeavors, sense of spirituality or greater purposes in life, physical health, and social connections with others.”



A continuous process in which lawyers strive for thriving in each dimension of their lives:





THE NEW YORK TIMES BESTSELLER



Why We Sleep

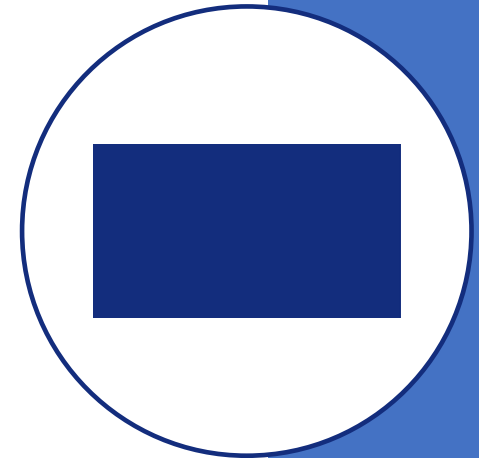
UNLOCKING THE
POWER OF SLEEP
AND DREAMS

Matthew Walker, PhD

*"It looks like a primer... recommended for night owls looking to do
more productive work."* —The New York Times Book Review

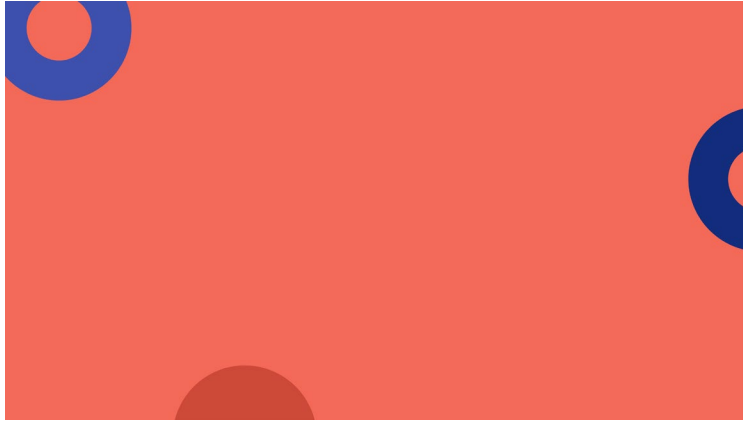
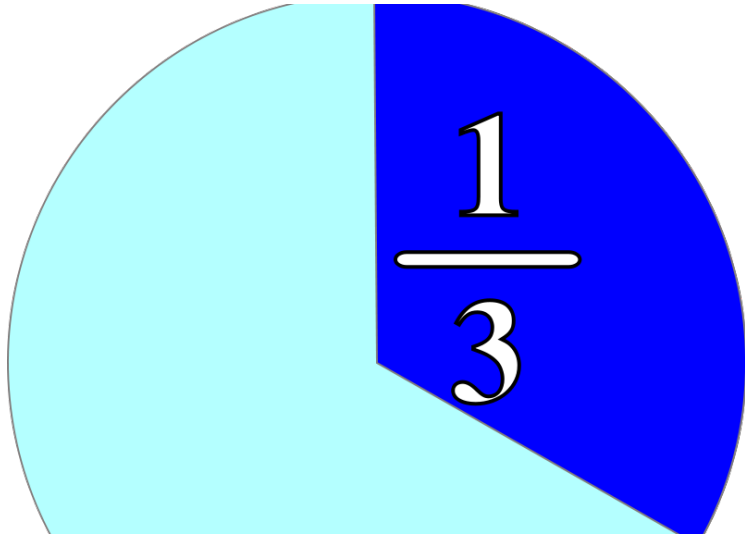
Amazing breakthrough!

- *Scientists have discovered a revolutionary new treatment that makes you live longer. It enhances your memory and makes you more creative. It makes you look more attractive. It keeps you slim and lowers food cravings. It protects you from cancer and dementia. It wards off colds and the flu. It lowers your risk of heart attacks and stroke, not to mention diabetes. You'll even feel happier, less depressed, and less anxious. Are you interested?*



Matthew Walker TED Talk



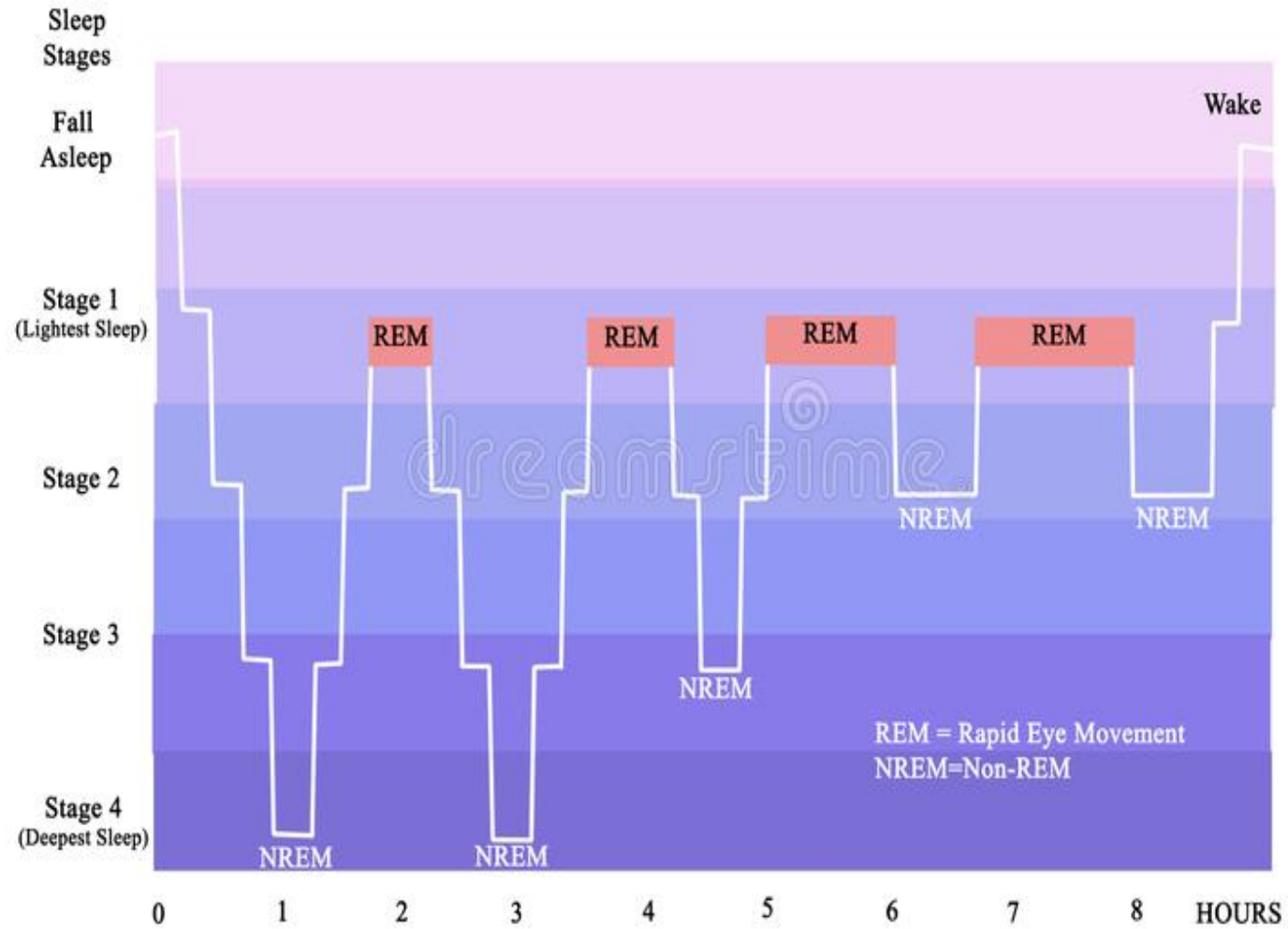


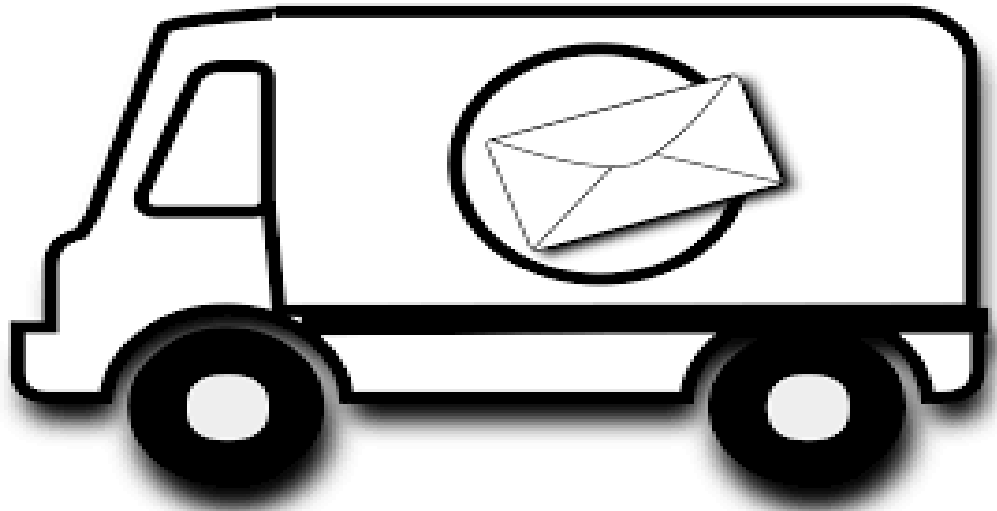
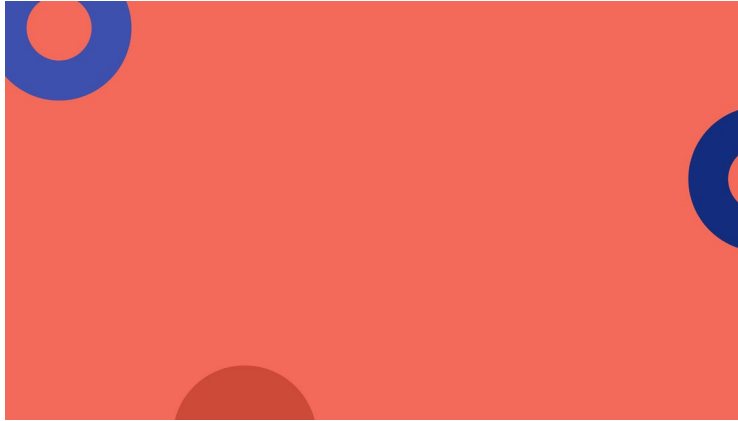


Sleep and Memory

- Sleep is a memory aid—
 - before learning, to prepare your brain to make new memories
 - after learning, to cement those memories and prevent forgetting.

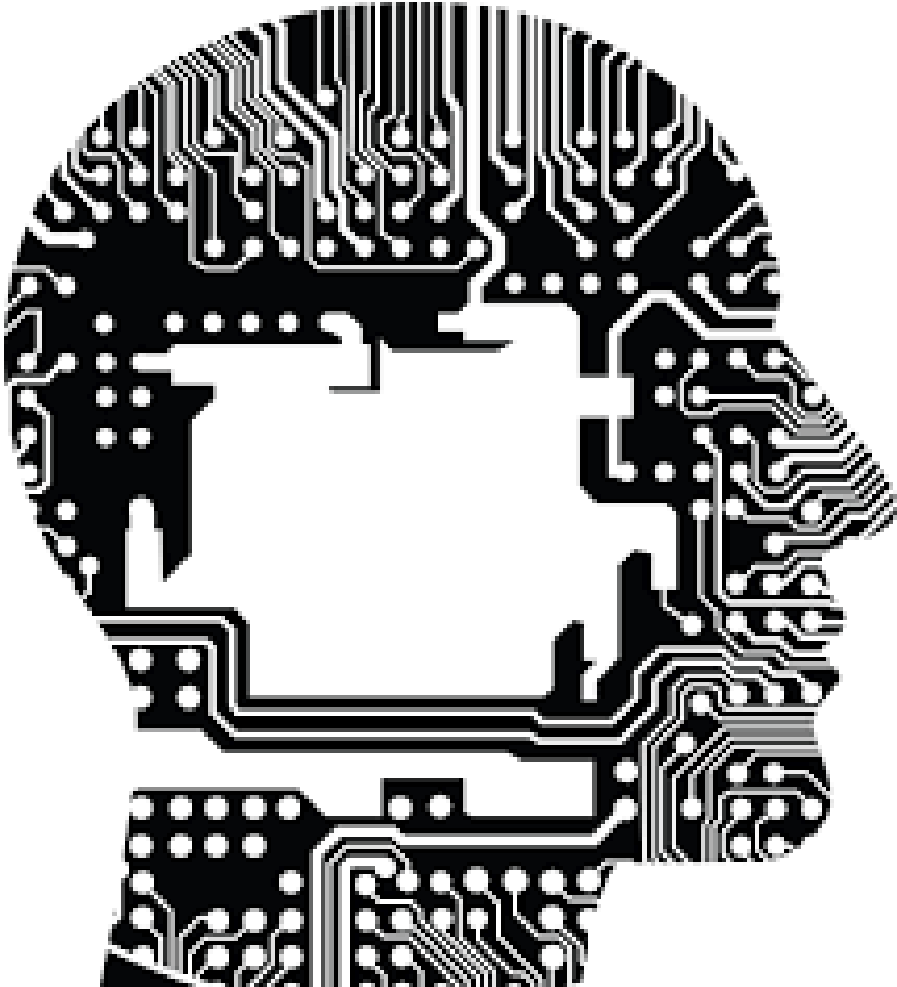
Sleep Cycles





NREM sleep

moves memory packets of recent experiences from a short-term, more fragile storage area to a safer long-term storage site



REM sleep

Creates and strengthens neural connections

Wisdom and creativity

Emotional intelligence

Dissolves emotional sting of events



Failure Point For Humans

- The recycle rate of a human being is around 16 hours.
- After 16 hours of being awake, the brain begins to fail.
- Humans need more than seven hours of sleep each night to maintain cognitive performance.



The Brain Is Not Like A Bank

*The brain can
never recover
the sleep it
has missed.
The brain is
incapable of
this.*



Your Brain Without Sleep

- If we sleep seven hours per day for just 10 days, the brain is just as dysfunctional as it would be after going without sleep for 24 hours
- Getting three full nights of recovery sleep is insufficient to restore performance back to normal levels.

Impaired...About Being Impaired

- The human brain cannot accurately sense how sleep-deprived it is when sleep-deprived.
- With chronic sleep restriction over months or years, an individual will actually acclimate to their impaired performance, lower alertness, and reduced energy levels.

Why Sleep?

Performance

- Learn
- Memorize
- Make logical decisions
- Navigate social and psychological challenges

Alcohol

- Alcohol is a sedative
- It disrupts sleep.
- It does not induce natural sleep.
- One of the most powerful suppressors of REM sleep.
- Consuming moderate amounts in the afternoon or evening reduce REM sleep

Mental Health

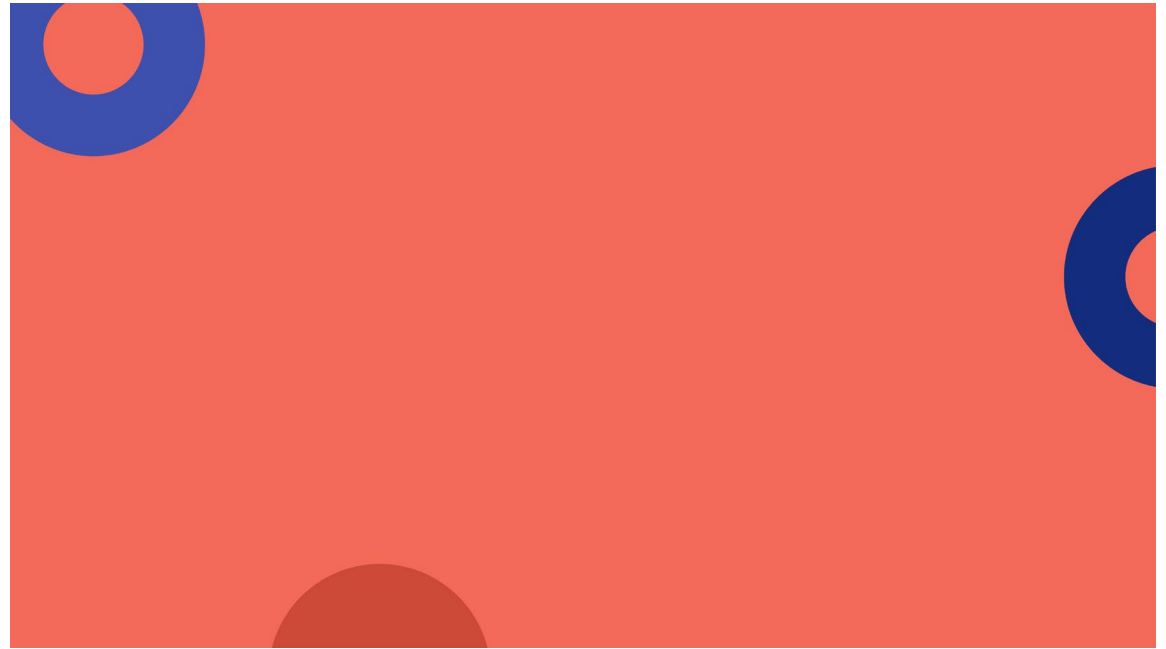
- Sleep disruption contributes to all major psychiatric conditions, including depression, anxiety, and suicidality.
- Sleep disturbance is a recognized hallmark associated with addictive substance abuse.
- Insufficient sleep also determines relapse rates in numerous addiction disorders.



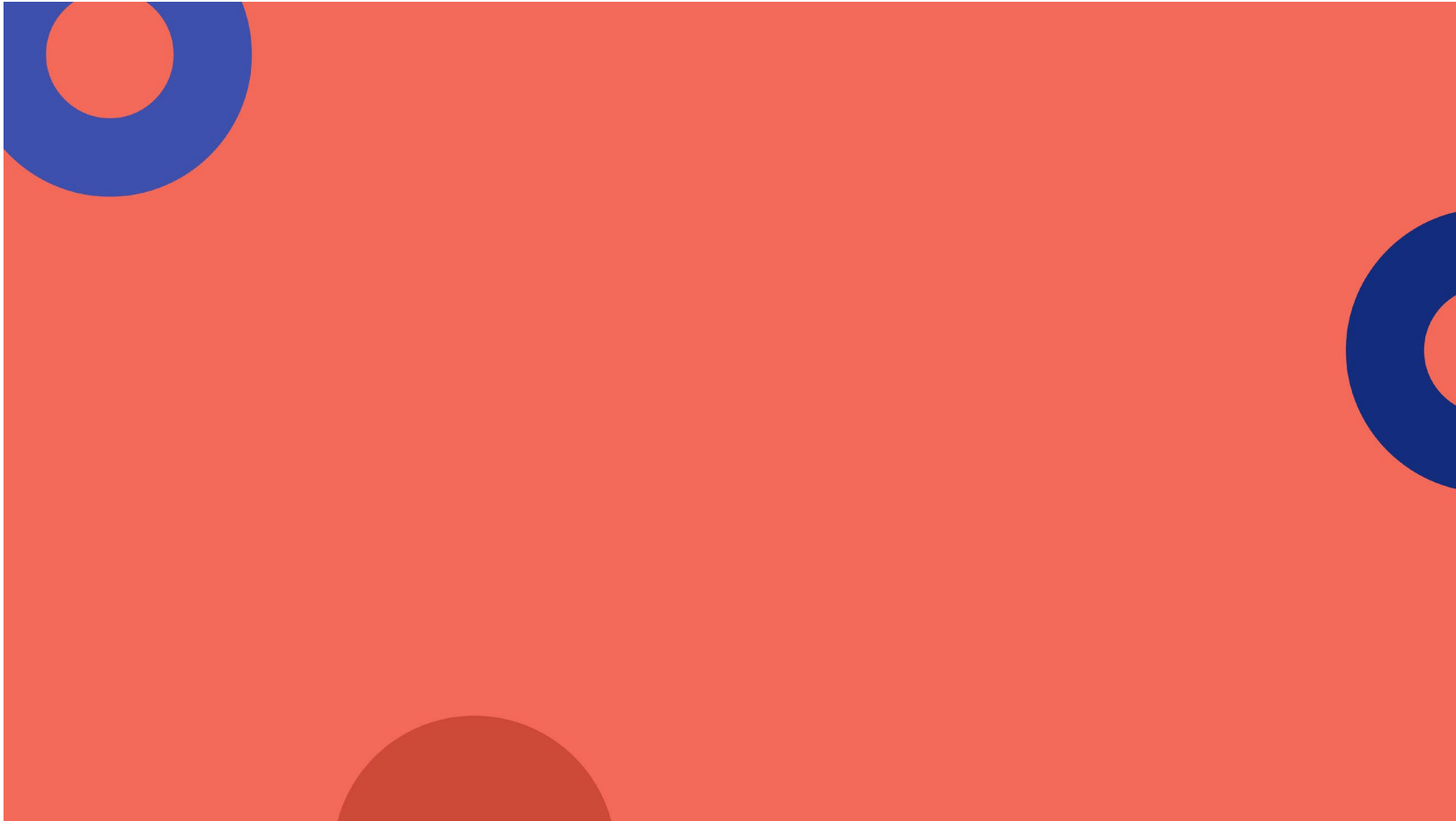
Sleep loss epidemic



**World Health
Organization**



The shorter you sleep, the shorter your life



Stay up late

- You are losing a significant amount of NREM sleep because the majority of your NREM sleep occurs early in your sleep cycle.

Wake up early

- You are not just losing 25 percent of your sleep
- You are losing 60 to 90 percent of your REM sleep because most of your REM sleep occurs in the late-morning hours of your sleep cycle.

Physical health

Routinely less than 6-7 hours of sleep impacts:

- Immune system, doubling risk of cancer
- Alzheimers
- Disrupts blood sugar levels
- Cardiovascular disease

Eating

Eat more when tired, sleep reforms the body's metabolic state and appetite

- Too little sleep increases the concentration of a hormone that makes you feel hungry, suppresses another hormone that signals food satisfaction
- Dieting is futile, lose lean body mass rather than fat

Mental Health

Sleep disruption contributes to all major psychiatric conditions:

- Depression
- Anxiety
- Suicidality

Driving

- Vehicular accidents caused by drowsy driving exceed those caused by alcohol and drugs combined
- Every hour in the US, one person dies in a traffic accident due to fatigue related error

Performance

- Short sleeping undermines our ability to
- Learn
- Memorize
- Make logical decisions
- Navigate social and psychological challenges

Signs of Insufficient Sleep

- After waking up in the morning, could you fall back asleep at 10 or 11 a.m.?
- Can you function optimally without caffeine before noon?

World Health Organization

Designated night shift work as a carcinogen

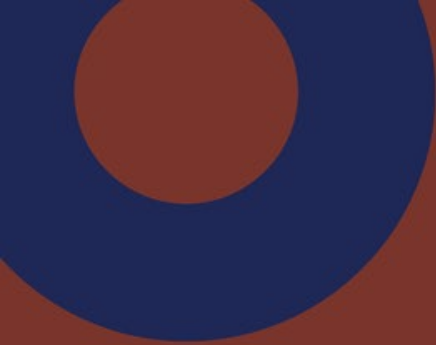


**World Health
Organization**

World Health Organization



**DECLARED SLEEP LOSS EPIDEMIC
THROUGHOUT INDUSTRIALIZED
NATIONS—**



The shorter you sleep,
the shorter your life span

Rationality and Composure

- Lack of sleep creates emotional irrationality the next day.
- The under-slept brain swings excessively to both extremes of emotional valence, positive and negative.
- Without sufficient sleep, we cannot correctly discern the emotions of others.
- We fall back on our inherent bias of fear in interacting with others.
- This impacts social interactions necessary for client service, team-building, advocacy, leadership, and diversity and inclusion.

Driving

Vehicular accidents caused by drowsy driving exceed those caused by alcohol and drugs combined.

Sleep deprivation slows your reaction time and *makes you stop responding all together.*

That's why drowsy driving is worse than driving drunk.

Caffeine

- Sleep pressure is determined by your circadian rhythm and sleep pressure (build up of adenosine)
- Artificially mute the adenosine sleep signal by using caffeine
- Caffeine has an average half-life of 5-7 hours—so early afternoon coffee impacts sleep

Alcohol

Alcohol is a sedative

It disrupts sleep.

It does not induce natural sleep.

One of the most powerful suppressors of REM sleep.

Consuming moderate amounts in the afternoon or evening reduce REM sleep

Mental Health

Sleep disruption contributes to all major psychiatric conditions, including depression, anxiety, and suicidality.

Sleep disturbance is a recognized hallmark associated with addictive substance abuse. Insufficient sleep also determines relapse rates in numerous addiction disorders.

Led Lights

LED lights disrupt our sleep.

Winds back our internal 24-hour clock by two to three hours, on average.

Using LED devices at night such as iPads, phones, and computers disrupts our natural sleep rhythms and hurts the quality and quantity of our sleep.

NAPS

- A nap as short as twenty minutes can offer a memory consolidation advantage, so long as it contains enough NREM sleep.

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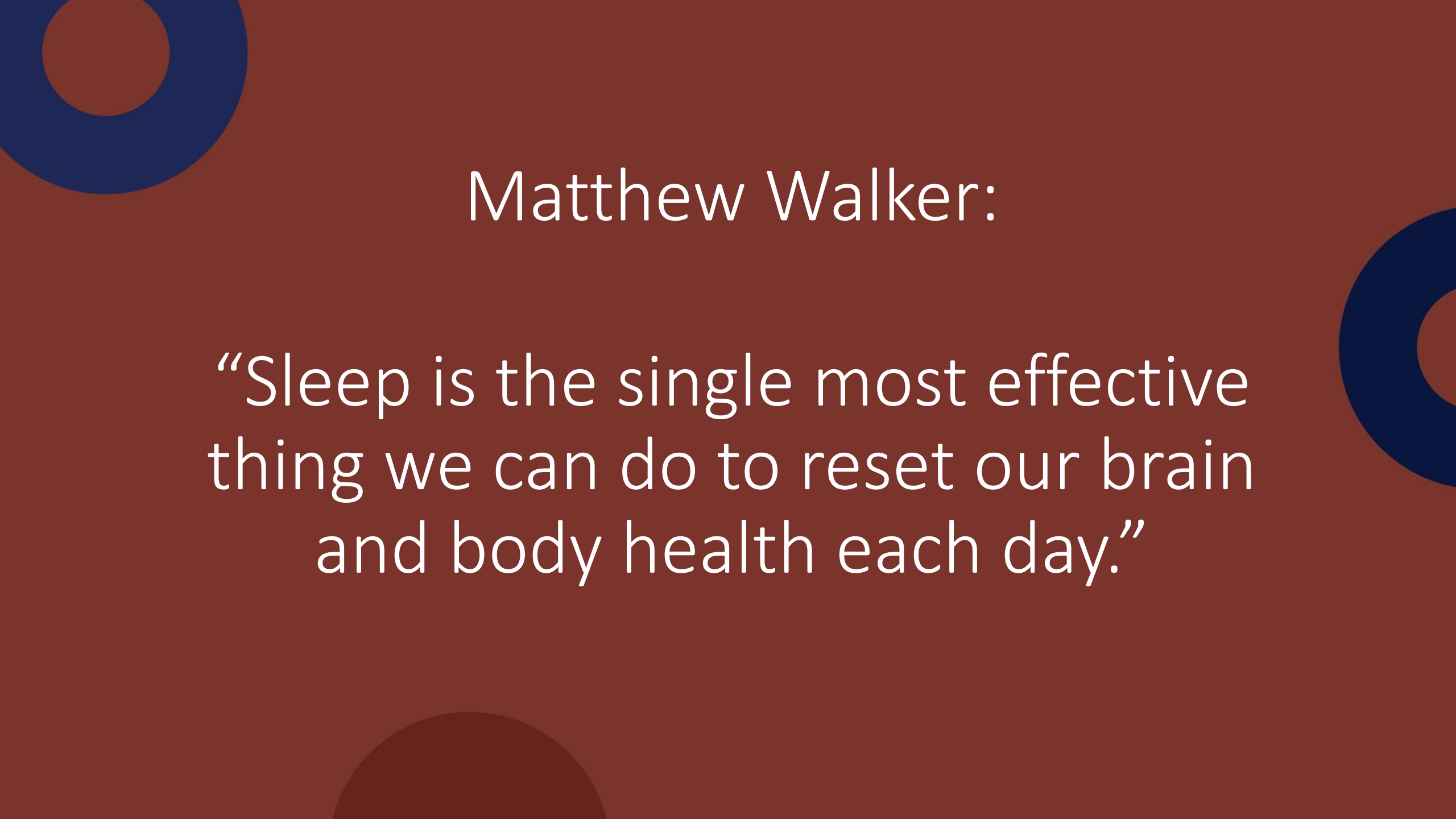


Sleep Strategies

- Stick to a sleep schedule and go to bed and wake up at the same time each day—regularity!
- No naps if you struggle to fall asleep
- Try to exercise no later than two to three hours before your bedtime.
- Avoid caffeine and nicotine.
- Avoid alcoholic drinks before bed because this will rob you of REM sleep and make you frequently wake up in the middle of the night.

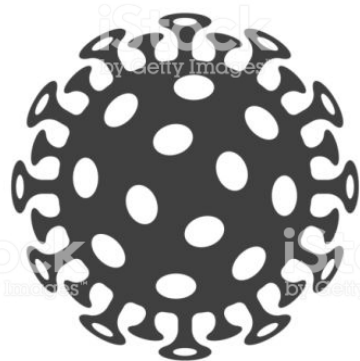
Sleep Strategies

- Avoid large meals and beverages late at night, which can interfere with sleep.
- If possible, avoid medications that delay or disrupt sleep.
- Don't take naps after 3:00 p.m. because it makes it harder to fall asleep at night.
- Sleep in a dark, cool, gadget-free bedroom—65 degrees.
- Don't use sleeping pills!
- Consider “sleep divorce.”

The background is a solid dark red color. There are three large, semi-transparent decorative elements: a blue circle with a red center in the top-left corner, a solid red circle in the bottom-center, and a blue circle with a red center in the middle-right edge.

Matthew Walker:

“Sleep is the single most effective thing we can do to reset our brain and body health each day.”



CORONAVIRUS
(Novel Coronavirus)

