



PEP TALK



PULMONARY EDUCATION PROGRAM LITTLE
COMPANY OF MARY HOSPITAL

May 2019

Recap- April Bake Sale

(By Sarah Albright)

On April 18th the tables were filled with all sorts of goodies from cookies to cupcakes, to pies, and cakes! It was probably our best bake sale yet, with our grand total coming in around \$240!



Thank you to everyone who spent time baking, or spent money donating the baked goods. All of the proceeds will go to PEP to help continue with luncheons and events that we have.

How to Sleep Better: 5 Tips for Better Sleep When You Have Respiratory Problems

(By PERF)

About one third of our lives are spent in sleep, yet it is a subject rarely addressed by physicians during an annual visit. Moreover, those with respiratory problems often have even more problems with sleep than the general public.

Several years ago, we did a sleep study on every patient who went through our six-week pulmonary rehabilitation program both before and after their participa-

tion in the program. Interestingly enough, we found a significant improvement in the quality of sleep after rehabilitation. Why? In order to understand why sleep improved, it helps to understand the connection between respiratory problems and sleep.

The National Sleep Foundation explains that individuals suffering from respiratory problems, particularly COPD, often have difficulty sleeping for the following reasons:

1. The medications used to treat respiratory problems can cause patients to have trouble sleeping, especially if taken incorrectly.
2. The symptoms of COPD (coughing, chest pain) and other non-respiratory problems, (frequent nighttime urination) can keep patients up at night.
3. Changes in breathing patterns that occur during normal sleep for healthy people can cause more severe consequences in



people with COPD since those changes reduce blood oxygen levels.

Sleep Study Results

After rehabilitation, sleep improved due to the following:

- Each person learned about their medications and consequently took them as prescribed, which set up their body to fall into a good sleep rhythm.
- Patients with bronchitis decreased the amount of sputum produced, which meant they were less likely to wake up coughing up sputum.
- Everyone was walking an hour a day by the end of the six weeks of rehabilitation. This increase in activity in their daily lives was likely a major factor in sleep improvement. People who are active during the day sleep better at night!
- We discovered that patients whose oxygen saturations decreased during the night needed to be put on oxygen, even if they didn't decrease during the day with exercise. To our great surprise, we also found that some patients on oxygen during the day did not need it at night.

We all need our sleep. But, for COPD patients, getting adequate sleep is even more essential for

(Continued on page 2)

maintaining good health. The benefits of sleep are numerous and, although some factors affecting your sleep are out of your control, there are some things you can control. If you're suffering from respiratory problems and find that you're struggling to sleep at night, the following tips can help you get the rest you need.



5 Tips for Better Sleep

1. Make sure you're taking your medications as prescribed.
2. Include physical activity as part of your daily routine.
3. Establish a sleep schedule, including waking up and going to bed at the same time, consistently, each day – even on the weekends.
4. Establish a restful, relaxing sleep environment that is comfortable and associated strictly with sleep.
5. Be careful about what you eat and drink, particularly later in the day. Caffeine and alcohol can take a while to wear off and will inhibit your ability to sleep well.

May Luncheon

(By Sarah Albright)

Dr. Eltawil will be discussing sleep. He always gives a great presentation! We hope to see you all there on Thursday May 16th at the Sizzler!

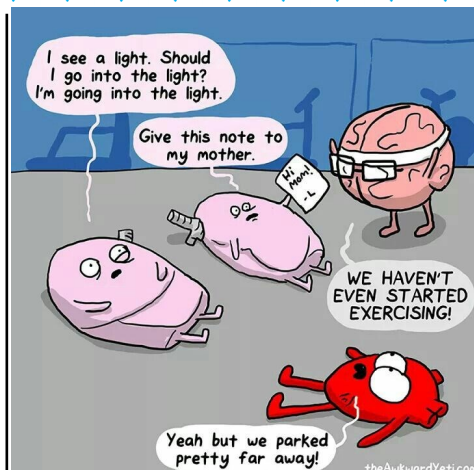
Tips & Tricks to Improve Sleep with PF

(By Pulmonary Fibrosis News)

Many have reported that after being diagnosed with IPF, they have

trouble sleeping. Here are a few tips and tricks to help individuals with IPF fall asleep and stay asleep.

- Melatonin: a natural medication to help improve the quality of sleep. We suggest an extended release sublingual melatonin.
- Taking other medications including: magnesium, zinc, Tylenol PM or Graval.
- A weighted blanket! The pressure helps to relax the body and reduce anxiety.
- Quiet meditation music/app or breathing techniques. One of the apps we suggest is called Relax Melodies.
- A white noise machine to ease your mind into a consistent sound, eliminating the constant thinking.
- Essential oils that are focused on rest and relaxation to help ease the body into restful sleep.
- Reading, to make the eyes tired, and then immediately turning off the lights and trying to sleep (not getting up after reading to brush your teeth etc., but instead laying right down to sleep).
- Turning off all electronics approximately 1 hour before bed to let your mind's stimulation slow down.



In Memoriam

Art Cottrell

June Babies



5 Shirley Tracy	12 Nancy Kimball
6 Gregory Cookson	19 Hilda Ghurani
6 Arlene Iwamoto	19 Jimmie Double
6 Eddie Sekine	22 Beth Leiowitz
11 Jack Kramer	26 Kelvin Rising
11 Carolyn Mulhall	27 Dean Peterson
12 Carole Hoshiko	28 Sue Coppock

Editor-in-Chief: Sarah Albright

PEP PIONEERS is a non-profit corporation comprised of graduates of the Pulmonary Rehabilitation Program at Providence Little Company of Mary Hospital. We are dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of its members. Tax Deductible donations may be made to:

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