

REPORT
Insight Club

'Importance of Sleep for Mental Health and Wellbeing'
Webinar on Saturday 19/08/23
Resource speaker: Dr Shane Creado

"The best bridge between despair and hope is a good night's sleep."

On Saturday the 19th of August, the Insight Club organised a webinar on 'Importance of Sleep for Mental Health and Wellbeing' for the students of Grade XI and XII. Dr Shane Creado, a psychiatrist with a specialisation in Sports psychiatry and Sleep Medicine was the resource speaker for the webinar. An insightful and informative presentation focussed on the importance of sleep, relaxation and winding down exercises to enhance sleep. He spoke about the effects of lack of sleep, and techniques to improve the quality of sleep replete with facts and figures of research studies which made it real and relatable. During the course of the webinar, Dr Creado spoke about the ill effects of lack of sleep on one's health and psyche and the long lasting repercussions it can have. The case studies and anecdotes of his profession that he shared, made it interesting and left the participants spellbound. The speaker motivated the attendees to work towards an improved sleep schedule towards attaining success and fulfillment of their goals. The presentation was followed by a Q&A session in which the numerous queries posed by the participants were answered to their utmost satisfaction and helped students gain deep insight into the topic with regard to their specific concerns. The participants were in awe of Doctor Shane's expertise on the subject of 'sleep.'

The seminar was helpful, impactful and left students with a resolve to choose a healthier lifestyle. The positive feedback received by the students was testimony to the success of the webinar.

PowerPoint Slide Show - [Sleep and teens]

6 major categories of sleep disorders:

1. Insomnias:

- The ICD-3 defines insomnia as "a repeated difficulty with sleep initiation, duration, consolidation, or quality that occurs despite adequate opportunity and circumstances for sleep, and results in some form of daytime impairment."
- SCREENING QUESTIONS:** 'do you have difficulty falling asleep or staying asleep or waking up too early?' 'Is your sleep restful and regular?' 'Do you feel tired or sleepy during the day?'
- SCREENING TOOL:** Insomnia Severity Scale
- INTERVENTION:** Testing, CBT-insomnia

PEAK SLEEP PERFORMANCE

Shane Creado, MD

Pusti Yadav

Renuka Fernandes

Renuka Fernandes

Prisha Mitra

Manya Gupta

PowerPoint Slide Show - [Sleep and teens]

NATURAL WAYS TO IMPROVE YOUR SLEEP

- Keep it cool
- Get regular
- Sleep when sleepy
- Get up & try again
- Avoid caffeine & nicotine
- Avoid alcohol
- Bed is for sleeping
- No naps
- Sleep rituals

PEAK SLEEP PERFORMANCE

Shinji Bahadur

Shinji Bahadur

Kahnie

Mancharlam Tibaki

amarendra sinha

Shinji Bahadur

Shinji Bahadur

PowerPoint Slide Show - [Sleep and teens]

Brain Health Scores

STEN scores range from 1 to 10. Higher scores always indicate better functioning. See end of report for description of Brain Health Scores

Thinking	SCALE	SCORE
Brain Coordination	expected range	6.5
Processing Speed	expected range	6
Sustained Attention	expected range	7
Controlled Attention	expected range	7
Flexibility	below	5.5
Inhibition	expected range	6.5
Working Memory	expected range	6.5
Recall Memory	below	2
Executive Function	below	5

Thinking	SCALE	SCORE
Motor Coordination	expected range	7
Processing Speed	expected range	6
Sustained Attention	expected range	6
Controlled Attention	expected range	6
Flexibility	expected range	6.5
Inhibition	expected range	6
Working Memory	above	6.5
Recall Memory	expected range	7
Executive Function	above	7

PEAK SLEEP PERFORMANCE

Shane Creado, MD

Pusti Yadav

Renuka Fernandes

Renuka Fernandes

Prisha Mitra

Manya Gupta

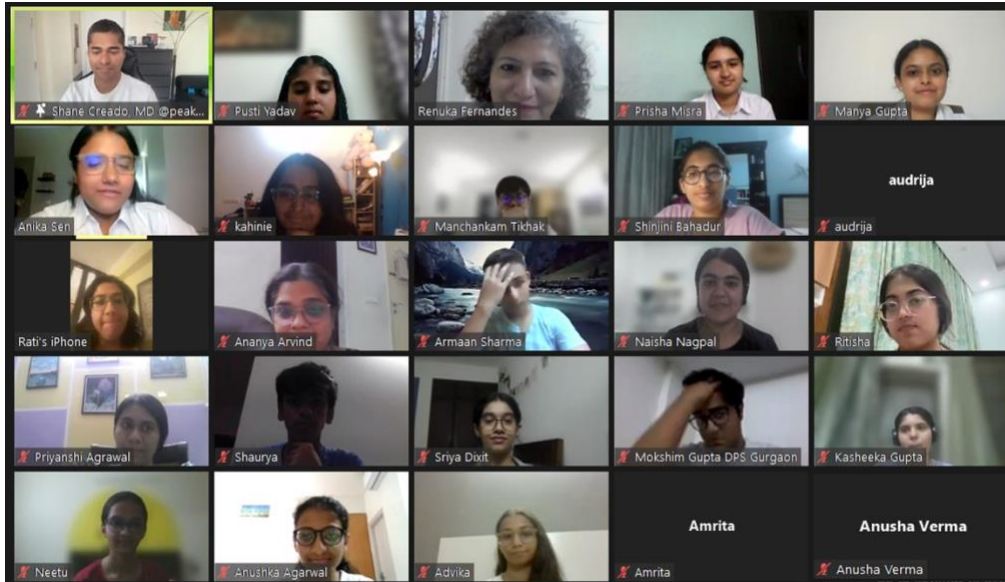
PowerPoint Slide Show - [Sleep and teens]

Circadian Rhythms

How Circadian Rhythm Affects Your Body

PEAK SLEEP PERFORMANCE

Shane Creado, MD @peaksleepperform...



Glimpses of some feedback received from student participants

Today's session conducted by Shane Sir was very insightful and informative. Though we all know the importance of a proper sleep schedule, we tend to ignore it. However the way he explained along with statistics really helped us understand the real value of sleep for our mental, physical and emotional well-being. Convey my thanks to him for the wonderful session. Also, kudos to the Insight Secretaries and Presidents for organizing it so smoothly. All this was possible only because of your efforts. Grateful beyond words ❤️

AdwikaTuli

After this amazing session I've gained a new role model today.. I love how the speaker spoke non-stop without stuttering or losing his track of thought at all! I aspire to be this level of knowledge and be so well-spoken! All questions were answered by him so welland with such ease. Kudos to the Insight club for organising this session! 👍👏👏❤️

Sana Shaikh