



# VeteranCaregiver.com Video Resource

## Recommended Resources: Caregivers & Sleep Deprivation

**Definition:** Sleep is a condition that allows both body and mind to be at rest. This restores the body and repairs it during the cycles of sleep. Insufficient sleep can lead to many complications, such as drowsiness while driving, weight gain, brain fog, inability to properly complete tasks and more. Lack of sleep has been proven to be detrimental to our health in many ways.

### Resources:

Caregivers and Sleep <https://www.caregiver.org/seeking-elusive-good-night-sleep>

How to Sleep Better <http://www.helpguide.org/articles/sleep/how-to-sleep-better.htm>

Coping w/Sleep Loss <http://www.webmd.com/sleep-disorders/excessive-sleepiness-10/10-results-sleep-loss>

Caregiving & Sleep Loss <http://www.caringnews.com/en/127/1/107/Sleep-Loss-Is-a-Hidden-Cost-of-Caregiving.htm>

Energy Boosters <http://www.aarp.org/home-family/caregiving/info-2014/energy-boosters-sleepy-caregivers.html>

Caregivers & Weight Gain <http://www.aarp.org/home-family/caregiving/info-2014/caregiving-weight-gain-sleep.html>

### Video Resources:

What is Insomnia?

<https://player.theplatform.com/p/7Ga4TC/Uwa5ocplyoL/select/jSWevQZhqq0>

5 Healthy Sleeping Tips:

<https://www.youtube.com/watch?v=66Uf8xqrN4o&feature=youtu.be>

**Quote:** "It is a common experience that a problem difficult at night is resolved in the morning after the committee of sleep has worked on it." -John Steinbeck

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