

Survey finds stress and worry over the state of the world keeps some Americans up at night

Many partake in certain habits like looking at screens before bed, which can be detrimental to healthy sleep

The Ohio State University Wexner Medical Center

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NEWS PACKAGE

SUGGESTED TEASE	<p>A NEW SURVEY FINDS ALL OF THE CHANGES AND TURMOIL OVER THE PAST FEW YEARS ISN'T JUST STRESSING AMERICANS OUT, IT'S KEEPING THEM UP AT NIGHT.</p> <p>COMING UP, DETAILS ON WHAT MANY ARE DOING TO TRY TO GET A GOOD NIGHT'S REST AND WHAT ACTUALLY WORKS TO CREATE GOOD SLEEP HABITS.</p> <hr/> <p>IT'S A VICIOUS CYCLE. THOSE NAGGING THOUGHTS AND WORRIES THAT KEEP YOU UP AT NIGHT LEAD TO DAYS FILLED WITH EXHAUSTION AND STRESS.</p> <p>IT'S A PATTERN THAT A NEW SURVEY FINDS IS COMMON AMONG AMERICANS, ESPECIALLY AFTER A GLOBAL PANDEMIC, POLITICAL DIVISION AND TURBULENT EVENTS OVER THE LAST FEW YEARS.</p> <p>BARB CONSIGLIO HAS THE DETAILS ON A NEW SURVEY THAT FINDS THE STRESS OF THE WORLD IS AFFECTING AMERICANS' SLEEP AND WHAT YOU CAN DO TO GET THE REST YOU NEED.</p> <hr/> <p>(Nats - Sound) :02</p> <p>GINA FIORINO (FEE-oh-REE-no) OFTEN FINDS IT DIFFICULT TO SLEEP EACH NIGHT. :04</p> <p><i>"If something is on my mind or something that's stressful that I haven't been able to figure out or to process. So that feeling of something hasn't been resolved, that will definitely keep me up all night."</i> :12</p> <p>A NEW NATIONAL SURVEY BY THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER FINDS SLEEP DEPRIVATION HAS BEEN AN INCREASING PROBLEM SINCE THE PANDEMIC – WITH NEARLY ONE IN FIVE AMERICANS REPORTING THAT THEY STRUGGLE TO FALL ASLEEP DUE TO THE STRESS AND WORRY OVER THE STATE OF THE WORLD. :15</p>
ANCHOR LEAD	
<p>(PACKAGE START) ----- CG: Courtesy: The Ohio State University Wexner Medical Center</p> <p>Shots of Gina and her son</p> <p>CG: Gina Fiorino Struggles with sleep</p> <p>Shots of someone getting into bed (blur for graphic)</p> <p>Graphic: National sleep survey -Nearly 1 in 5 struggle to fall asleep due to stress over the state of the world</p>	

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Gina Fiorino (CG'd earlier)

"Raising a soon-to-be 10-year-old in the kind of craziness that's been happening in the world the past few years is definitely a stressor point." :09

CG: Dr. Aneesa Das
Ohio State Wexner Medical Center

"Everybody's stressed and there's lots of news. So I think the increase in stress may be one of those things that's relating to the increase in insomnia referrals we're seeing." :10

Shots of Dr. Das with patient

AT OHIO STATE, THOSE REFERRALS ARE UP NEARLY THIRTY PERCENT SINCE TWO-THOUSAND-EIGHTEEN.

DOCTOR ANEESA DAS SAYS PART OF THE PROBLEM IS THAT THE TACTICS PEOPLE USE TO HELP THEM FALL ASLEEP ARE DOING MORE HARM THAN GOOD, ESPECIALLY WHEN IT COMES TO SCREEN TIME.

Shots of Gina watching TV
Graphic: National sleep survey
-47% use their phone right before bed
-37% Fall asleep with the TV on

THE SURVEY FOUND THAT NEARLY HALF OF RESPONDENTS USE THEIR PHONE RIGHT BEFORE BED AND THIRTY-SEVEN PERCENT FALL ASLEEP WITH THE T-V ON.

Shots of Gina watching TV

DAS SAYS THIS CAN NOT ONLY ADD TO OUR STRESS, BUT EXPOSURE TO LIGHT FROM SCREENS DISRUPTS WHAT'S KNOWN AS OUR CIRCADIAN DRIVE. :29

Dr. Das (CG'd earlier)

"Which is really our central clock telling us when we're supposed to be awake and asleep. And that is driven by light more than anything." :08

Shots of Das collaborating with staff

DAS SAYS REPLACE PHONE SCROLLING OR BINGE WATCHING YOUR FAVORITE SHOW WITH RELAXATION THERAPY. :05

Dr. Das (CG'd earlier)

"Progressive muscle relaxation where you progressively relax all of your muscles. Stories or audiotapes where you think about something relaxing. Those can work, but you need to do it with additional behaviors as well." :12

Shot of Gina walking outside

THOSE INCLUDE EXERCISE, SUNLIGHT EXPOSURE DURING THE DAY AND MAINTAINING CONSISTENT BEDTIMES AND WAKE TIMES.

IT'S ALSO IMPORTANT TO MANAGE THE STRESS THAT'S KEEPING YOU UP IN THE FIRST PLACE, SOMETHING THAT'S HELPED GINA GET A GOOD NIGHT'S SLEEP. :13

Gina Fiorino (CG'd earlier)

"Having people in my support circle to be able to say things out loud kind of has helped to mitigate some of my own need to explore in the middle of the night." :09

Shots of Gina and her son

AT THE OHIO STATE WEXNER MEDICAL CENTER,

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(PACKAGE END) -----

ANCHOR TAG


THIS IS BARB CONSIGLIO REPORTING. :03

THE SURVEY ALSO FOUND THAT NEARLY ONE IN FOUR RESPONDENTS USE SLEEP AIDS, WHETHER PRESCRIPTION OR OVER-THE-COUNTER.

BUT EXPERTS SAY MEDICATION IS USUALLY A LAST RESORT TO TREAT INSOMNIA, AS COGNITIVE BEHAVIORAL THERAPY AND TREATING UNDERLYING HEALTH ISSUES LIKE DEPRESSION OR ANXIETY ARE USUALLY MORE EFFECTIVE.

IF YOU'VE BEEN UNABLE TO IMPROVE YOUR SLEEP HABITS ON YOUR OWN, HAVING A CONVERSATION WITH YOUR PRIMARY CARE DOCTOR IS A GOOD PLACE TO START.

SOCIAL MEDIA

 **Share it! Suggested tweet:**

A new survey by [@OSUWexMed](#) finds nearly 1 in 5 Americans struggle to sleep due to worry over the state of the world and many are trying to improve their sleep habits through ineffective methods like looking at screens. Sleep physicians say a few small changes can help you get a good night's rest. <https://bit.ly/3AWV2eO>

 **Suggested post:**

If you find yourself sitting up at night worrying, you're not alone. A new national survey by [The Ohio State University Wexner Medical Center](#) finds nearly 1 in 5 Americans struggle to fall asleep due to stress over the state of the world. But many are using ineffective methods to change their sleep habits, like scrolling on their phones or turning on the TV. Experts say a few behavioral changes can help create better habits and cultivate a good night's sleep. <https://bit.ly/3AWV2eO>

EXTRA BITES

CG: Dr. Aneesa Das
Ohio State Wexner Medical Center

Das says a doctor can help you create better sleep habits:
"We just assume that that's our status quo. The reality is with some simple behavioral changes, oftentimes we can make things better. And you can do it on your own, but oftentimes we're not aware of what things we need to change and what bad habits we've created that really might be causing a bigger problem." :16

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CG: Dr. Aneesa Das
Ohio State Wexner Medical Center

Das says moving bed and wake times can make sleep issues worse:
“Oftentimes when people can't fall asleep, they think I'm going to go to bed a little bit earlier because I know it's going to take me an hour to fall asleep. Or, I was up all night so I'm going to sleep in because I was exhausted. What they end up doing is increasing their time in bed compared to the time that they're sleeping and that is one of those perpetuating factors that can make it harder to fall asleep down the road.” :20

Das explains how habits people think are helping them sleep are actually causing more issues:
“People have been using alcohol to fall asleep, and while that might make you fall asleep, initially, we know in the second half of sleep it significantly fragments your sleep. Secondly, people are working from home. They might even be working in their bedrooms. Not separating your night and your day and spending more time in your bedroom decreases that association of the bedroom with being asleep.” :20

Das explains problems with common sleep aids:
“Either there's something like melatonin, which may not be regulated by the FDA, so you don't know exactly the dose you're going to get, or a lot of the other sleep aids are actually antihistamines in disguise. And so we're using the antihistamine for the dirty side effect of making you tired.” :13

CG: Gina Fiorino
Struggles with sleep

Gina says her doctor told her she can't push through on too little sleep forever:
“I talked to my doctor about some sleep issues, and he knew me very well. He was my doctor at the time for a number of years, and he basically said, “You might be able to push through now, but that's not going to last forever.” :16

Gina explains how scrolling on her phone keeps her up:
“I go to a place where if I can't sleep, I might see something in the news and then, before you know it, I've researched and read five different articles on the topic.” :10

Gina says she researches how to fall asleep as she's trying to sleep:
“Sometimes I've researched things to help myself fall asleep, which the first thing that'll come up is don't look at your phone, but I'm looking at my phone to read an article about how to fall asleep.” :10

For viewer information on this story contact:

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