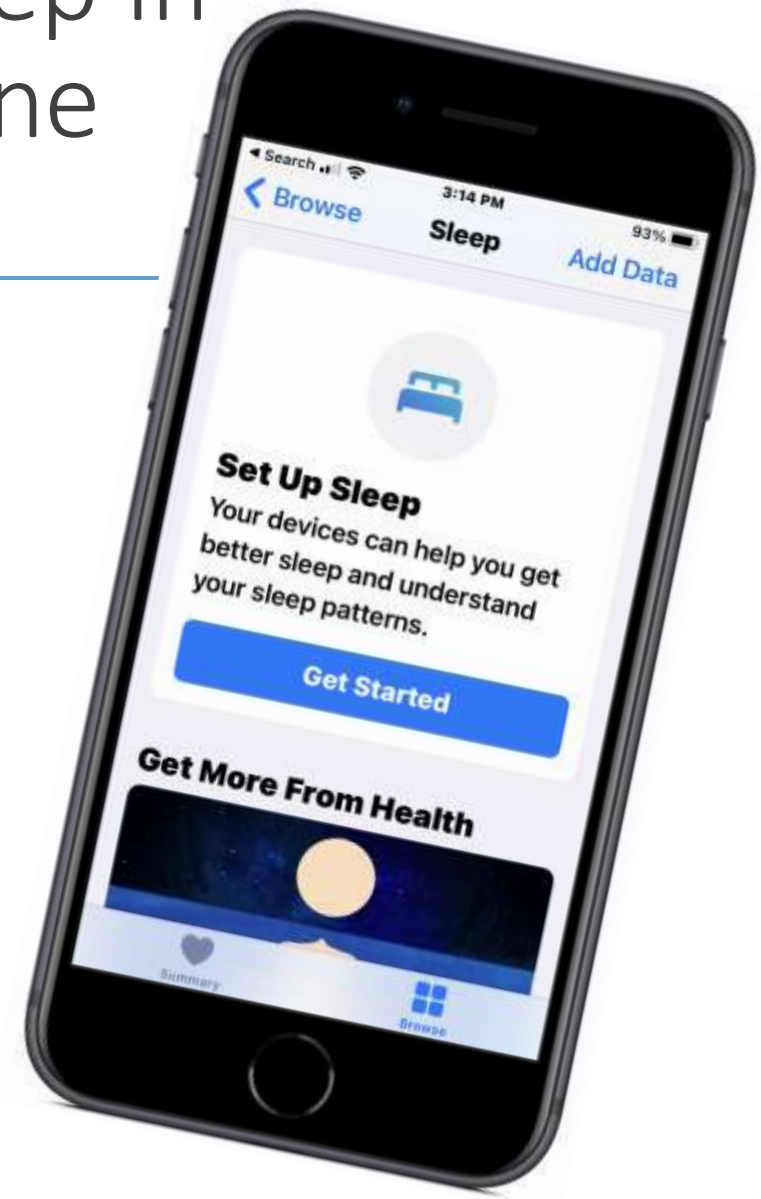
Getting Better Sleep In Spite of your iPhone or iPad



Senior Tech Tuesday #23

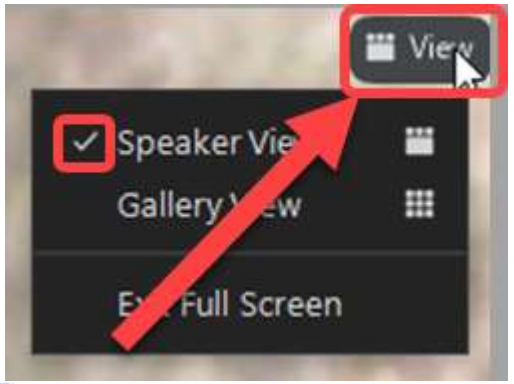
April 27, 2021 10 AM CDT

Zoom Setup – GO Big!!

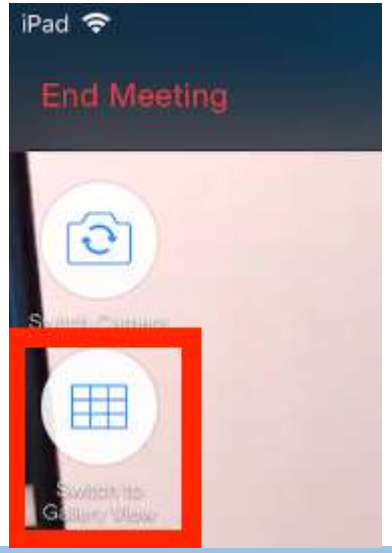
Use Speaker/Active Speaker View

Computer

or laptop



iPad



Senior Tech Tuesday #23 (STT23) – Getting Better Sleep In Spite of your iPhone or iPad

April 27, 2021

Don Frederiksen
don@SeniorTechClub.com

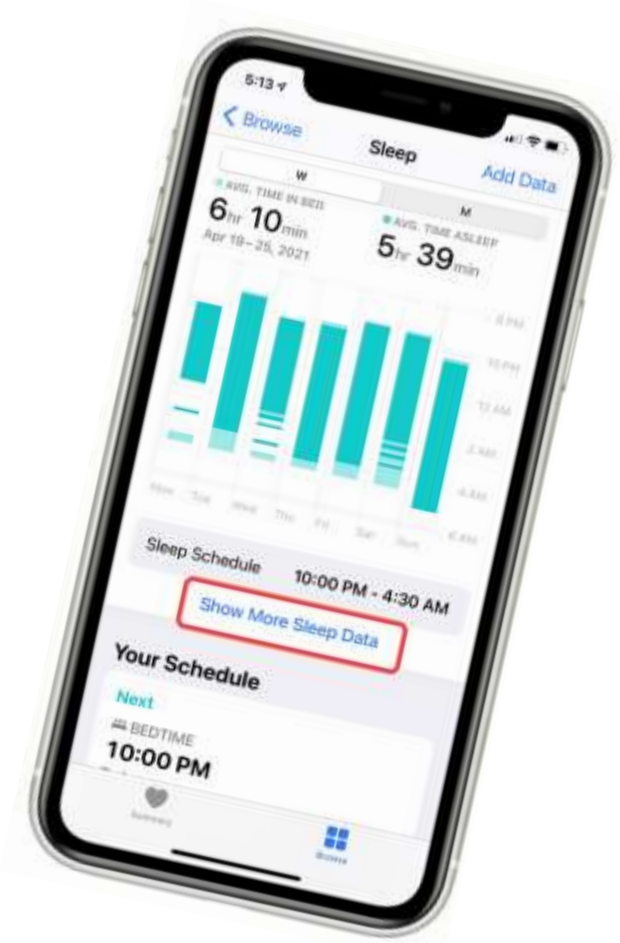
Our Learning Tools

- Sharing Ideas
- Your Questions
  - “Hey Don” or Chat
  - Email: don@SeniorTechClub.com
- Online Class Page at:

  Links.SeniorTechClub.com/STT23
- Tuesdays Page for Future Topics

  Links.SeniorTechClub.com/tuesdays

Health App - A Tool in your Sleep Toolbox



Getting Better Sleep In Spite of your iPhone or iPad

- ☑ Blue Light and Night Shift
- ☑ Where is that Sleep Timer?
- ☑ Scheduling Sleep with the Health app

Importance of Sleep

Sleep: The golden chain that ties health and our bodies together.

- Thomas Dekker

National Institute on Aging Recommends 7 – 9 hours of sleep

40% to 70% of older adults have sleep problems

Our Electronics Do Not Help

Try not to watch television or use your computer, cell phone, or tablet in the bedroom. The light from these devices may make it difficult for you to fall asleep.

- National Institute of Health

Blue Light and Sleep

All Light impacts your sleep-wake cycle – circadian rhythm

Blue wavelengths have powerful impact on your cycle

- Blue light suppress the production of the hormone melatonin (sleepiness)

Biggest blue light source is the sun

Blue light sources: televisions & devices

Using your iPhone or iPad at night might mess with your sleep.

Using Night Shift

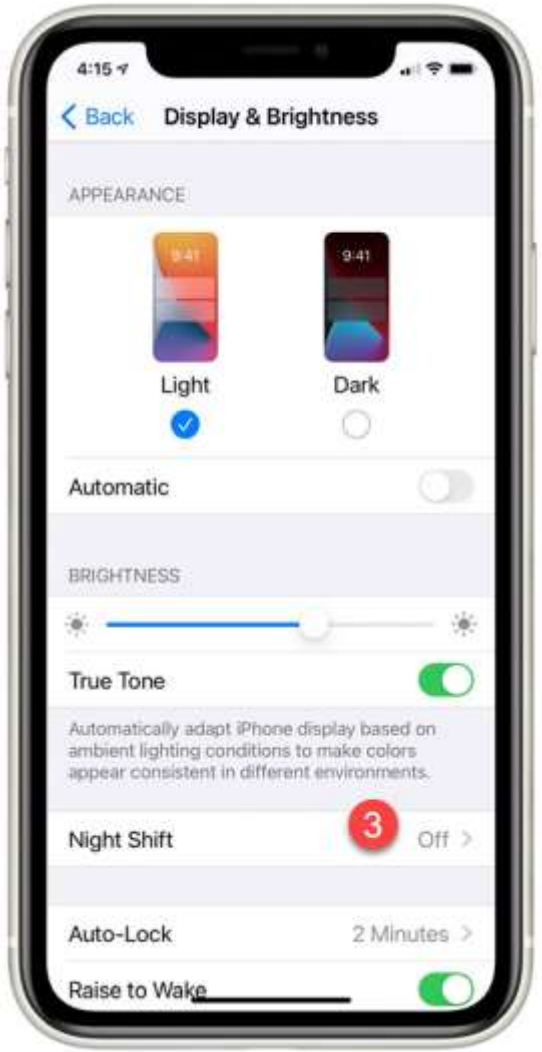
Night Shift on your iPhone reduces the blue light emitted by your device

Launch Settings App

Tap **Display & Brightness**

Tap **Night Shift**

Turn on **Scheduled**



Night Shift Recommendations

Best: Don’t use your device before bedtime

If you do have to use your iPhone or iPad before bedtime:

- Put Night Shift on a Schedule
- Also turn down the brightness or use Dark Mode
  - Settings>Display & Brightness>Dark

What do you do before bed for better sleep?

Music hath charms to soothe you off to slumber

Study published April 20 in the Journal of the American Geriatrics Society

Listening to Music was effective for older adults with sleep disturbance

Sedative music is more effective than rhythmic music

Long term needed for impact – longer than four weeks

Study Review – Favorite Quote

"Music could be a very effective sleep aid for some folks, as long as they don't leave it on all night long."

- Dr Alayne Markland

Use a Sleep Timer!

Use a Sleep Timer

Not all apps have a sleep timer

- Yes: Spotify, Pandora, Amazon Music, Podcasts App
- No: Apple Music, YouTube

iPhone/iPad has a “universal” sleep timer that works with any app that plays audio.

- Clock app > Timer

Clock App > Timer

Clock App – Clock, Alarms & Timer

Normally you use the timer with an alarm – kitchen timer

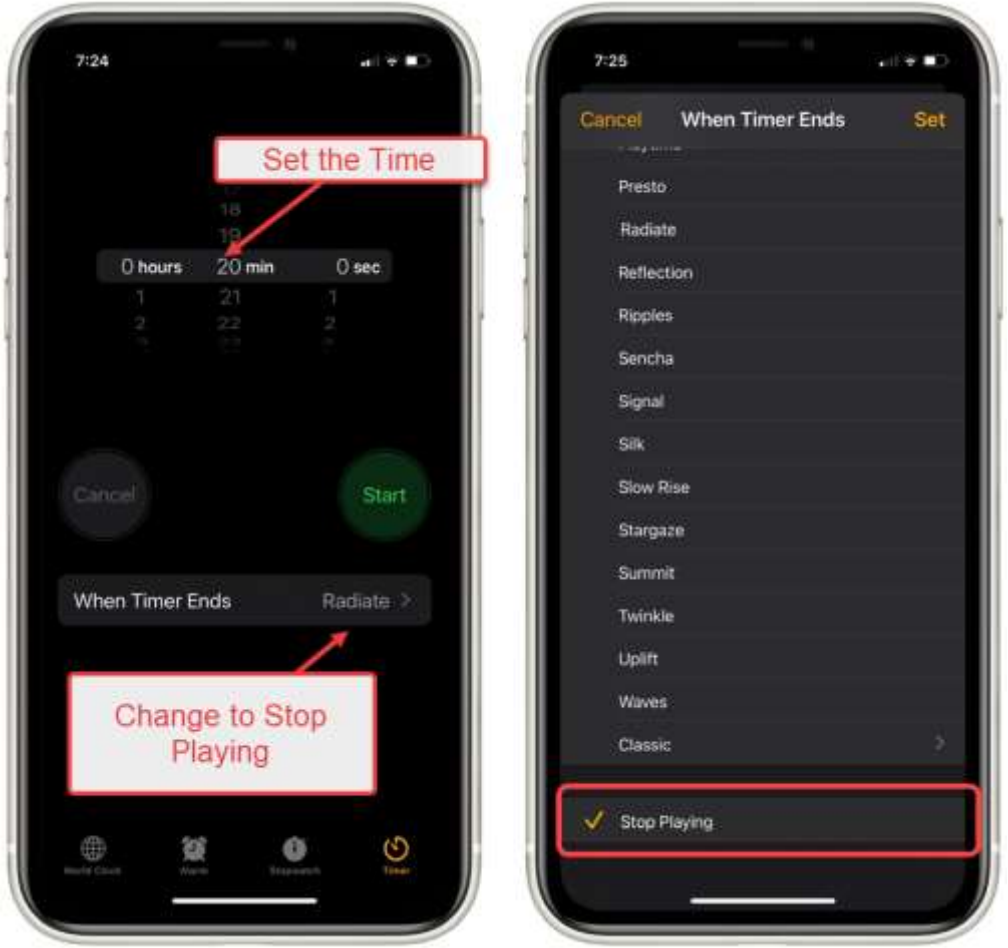
- Siri: Set Timer for 15 minutes.

Instead….

- Change “When Time Ends” from sound/alarm to Stop Playing

Works with any app that plays audio.

Time > Stop Playing



Summary – Sleep Timer

Get better sleep by listening to sedative music before bed

Don’t let it play all night – Use a sleep timer

The Health App & Sleep

How your Device Can Help with Sleep

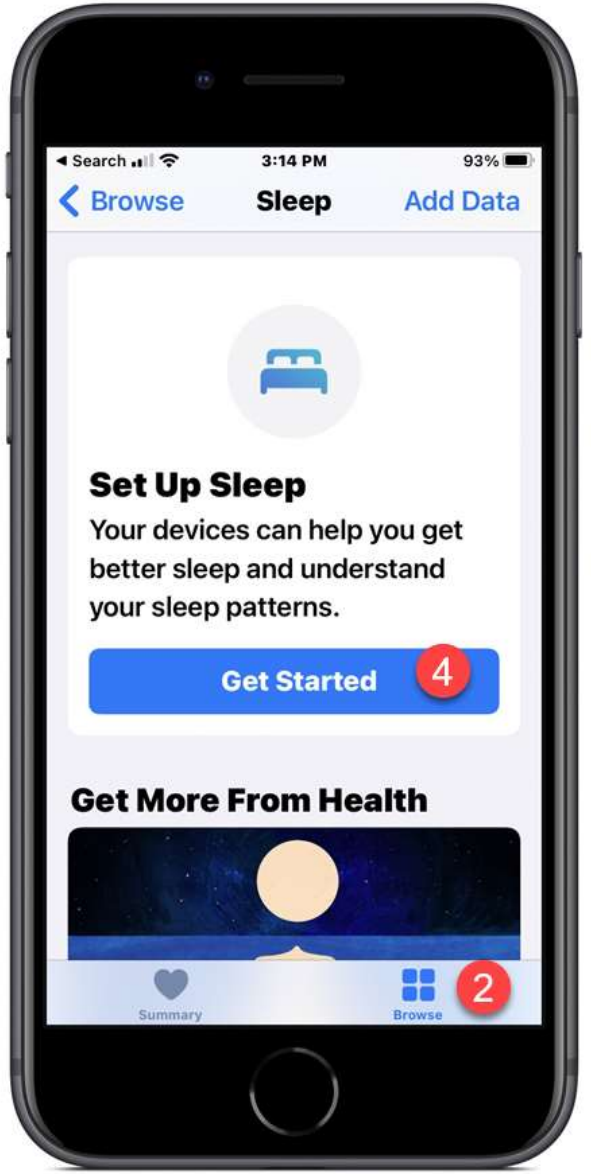
1. Sleep Goal
2. Sleep Schedule (different days of the week)
3. Sleep Mode – Do Not Disturb and Lock Screen
4. Wind Down

Setup Sleep

1. Launch the Health app
2. Tap **Browse**
3. Scroll down and tap **Sleep**
4. Set Up Sleep
   - (first time setup)

Or

1. Full Schedule & Options (Sleep Set Up Previously)



Set a Sleep Goal

National Institute on Aging Recommends 7 to 9 hours each night.

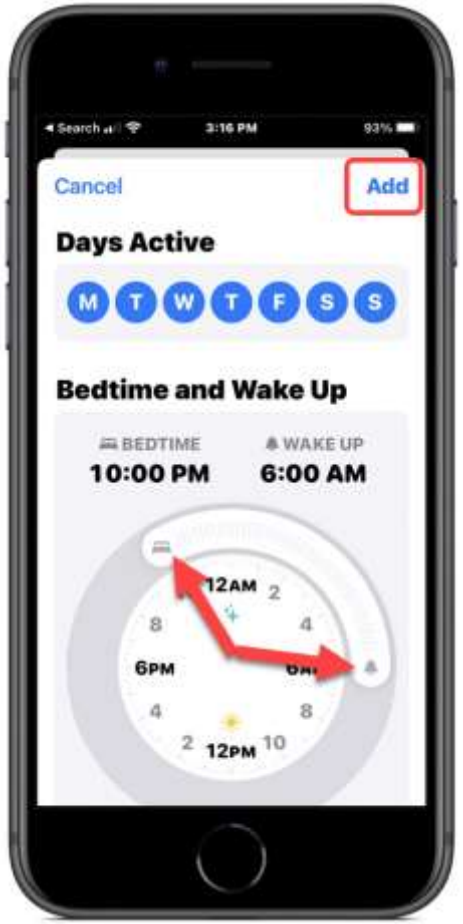
Use – or + to adjust the goal time

Tap **Next**

Set a Sleep Schedule(s)

Adjust Bedtime and Wake Up Sliders to desired time.

Mark (with blue) the days for this schedule



Set Alarm (if desired)

1. Tap Wake Up Alarm Switch (green is on)
2. Sounds & Haptics (choose the desired alarm & volume
3. Snooze (do you want to be able to snooze

Setup a Wind Down Shortcut

Set Wind Down Time (30 mins)

Add Wind Down Shortcut(s)3

Actions that will launch apps for **distraction-free** wind downs

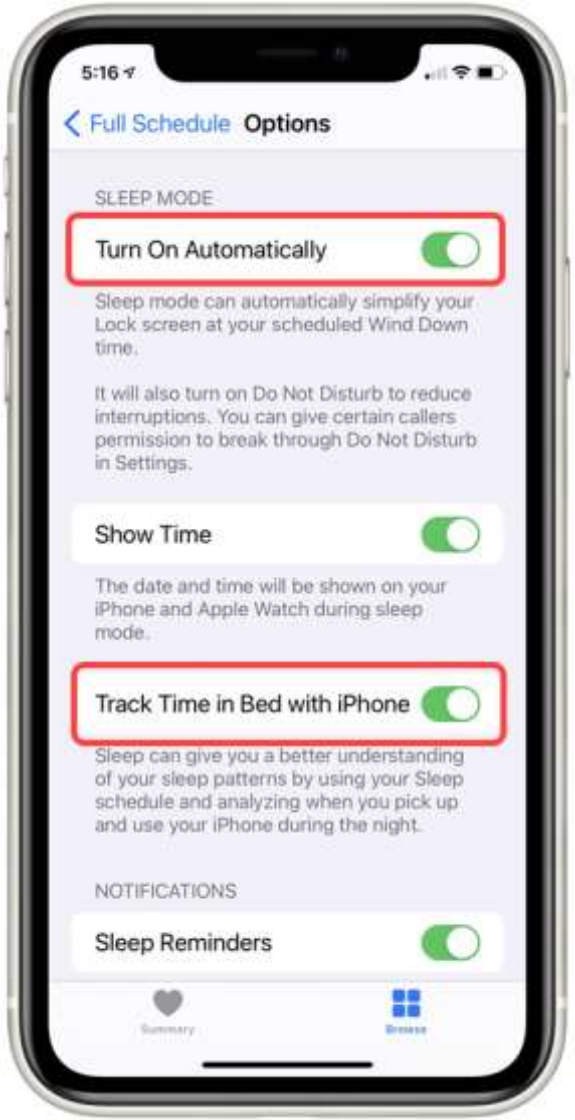
- Reading (Use Night Shift * Dark Mode)
- Listen to Music or Podcast
- Meditate
- Journal in Notes

Sleep Options

Turn on Automatically – based on the schedule

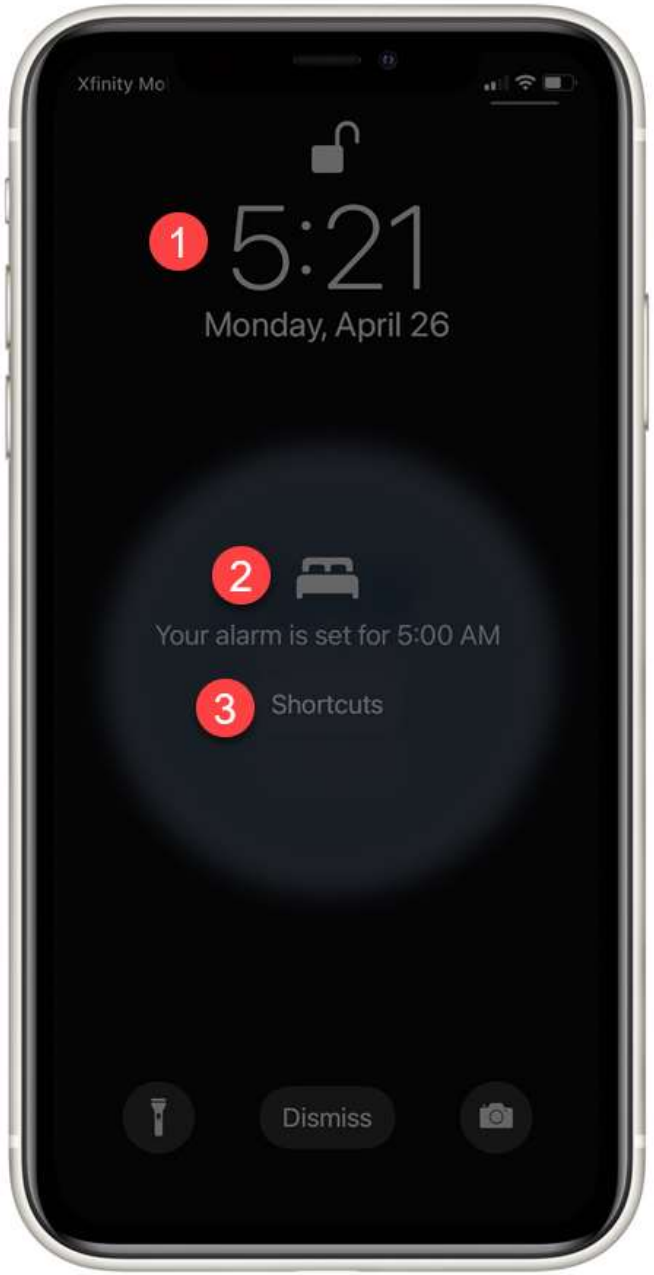
- Also Sets **Do Not Disturb**
- Do Not Disturb options
  - **Settings>Do Not Disturb**

Track Time – If you pick up your phone, you are not sleeping



Sleep Screen

1. Time & Date
2. Alarm/Status
3. Access to Shortcuts



View & Change your Sleep Data & Plan

Tap the **Browse** icon

Tap **Sleep**

- View Data
- Change Schedule & Plan

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Follow-up Questions?

don@SeniorTechClub.com

More Information & Download
links.SeniorTechClub.com/Tuesdays

Next Online Sessions

May 4 – 10 AM
Topic: Fitness Apps

Have a favorite fitness or meditation app?
Send a note to: don@SeniorTechClub.com

Future Session Information
links.SeniorTechClub.com/Tuesdays

Thank You!

Stay Well
Watch your Distance
Get Vaccinated
Sleep Well
Keep Learning