

My Life, My Recovery

How Addiction Affects Sleep

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Addiction Disrupts Sleep

How Substance Misuse Disrupts Sleep

Substances including alcohol have disruptive effects on sleep, especially causing issues with falling asleep, staying asleep, and altering the cycling of sleep stages from non-rapid eye movement (NREM) sleep to rapid eye movement (REM) sleep. This has an impact on next-day functioning, including increasing sleepiness and impaired alertness.



Sleep Deprivation

Symptoms of Sleep Deprivation



Trouble thinking



Poor memory



Loss of energy



Mood changes



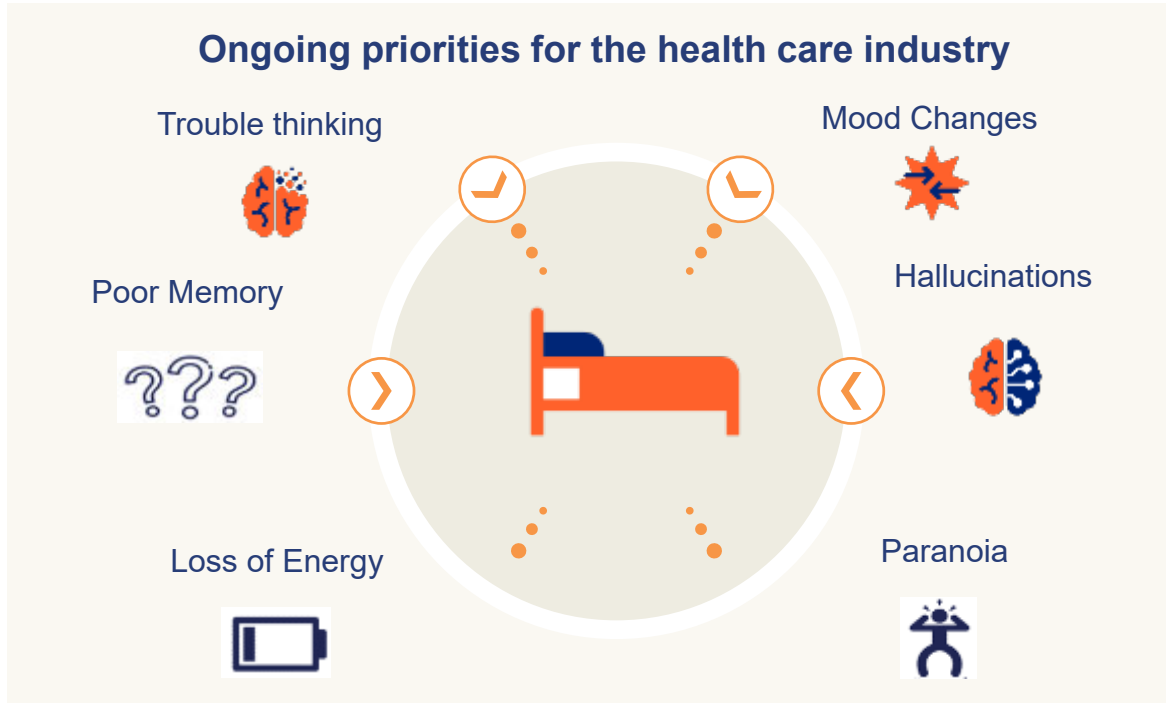
Hallucinations



Paranoia

- A major sleep-related risk associated with substance use is sleep deprivation.
- Not being able to get enough quality sleep can be dangerous, as it reduces alertness and cognitive function. Over time, sleep deprivation can also have a long-term impact on your health.
- Sleep deprivation has a domino effect on the body that can compound other problems, like mood and appetite changes.

Explainer graphic



- Not being able to get enough quality sleep can be dangerous, as it reduces alertness and cognitive function. Over time, sleep deprivation can also have a long-term impact on your health.
- Sleep deprivation has a domino effect on the body that can compound other problems, like mood and appetite changes.

Will a small amount of Alcohol Affect My Sleep?



Low amounts of alcohol
decreased sleep quality
by **9.3%**

Less than 2 drinks for men and
less than 1 drink for women



Moderate amounts of
alcohol decreased sleep
quality by **24%**

Approximately 2 drinks for men
and 1 drink for women



High amounts of alcohol
decreased sleep quality
by **39.2%**

More than 2 drinks for men
and more than 1 drink for women

Stimulants



- Stimulants boost alertness which directly interferes with sleep
- Chronic stimulant use can
 - Decrease REM sleep
 - Cause daytime fatigue
 - Cause memory difficulties
- Even when stimulants are no longer being used, sleep can be disrupted for months

Amphetamines & Methamphetamines

What's the difference between amphetamines & methamphetamines?

- An amphetamine is a legal, stimulant.
- Methamphetamine is an extremely powerful and highly addictive type of amphetamine with no medicinal value.

Amphetamines and methamphetamines impact the central nervous system, keeping individuals awake following use.

Similar to cocaine, amphetamines and methamphetamines can cause changes to neurotransmitters that can lead to prolonged sleep difficulties.

Typically they have a half-life of 9-15 hours which means that half of the substance can still be in your body when you go to bed even when you take it early in the day.

Sleep disturbances are also common during withdrawal

Other Stimulants



Caffeine

Caffeine is a stimulant with a 6 hour half life



Nicotine

Nicotine is a stimulant with a 2 hour half life



Decongestants

Decongestants are stimulants with a 2 hour half life

Cannabis/Marijuana

- Long-term use of cannabis has a negative impact on sleep quality.
- Studies suggest that people who use cannabis five times or more per week for three months or more may have consequences for sleep, including:
 - Less restorative sleep overall
 - Less time spent in deep sleep
 - Longer time to fall asleep
 - Frequent awakenings
- Cannabis withdrawal can also produce sleep-related side effects, such as strange dreams, difficulty falling asleep, and less time spent in deep sleep.



Opioids/Opiates



- Individuals who chronically use of opioids and opiates especially in high doses, may experience:
 - Disrupted circadian rhythms (also known as the sleep/wake cycle), which will make it harder to fall asleep.
 - Excessive daytime sleepiness as a result of sleep deprivation, which can reduce cognitive function and alertness.
 - The development of new conditions, such as sleep-disordered breathing or obstructive sleep apnea.
 - Spending more time in non-REM sleep (NREM) and less time in deep REM sleep, which can contribute to sleep deprivation and poor sleep quality.
- The use of opioids can throw things off balance very quickly. Chronic opioid use can actually completely change a person's sleep architecture, resulting in significant sleeping problems.