Dear Alice,

I would ideally love to maintain a consistent exercise routine. However, there are stretches of time during which I get very little sleep, due either to a hectic schedule or a lot of stress. During these times (sometimes one or two weeks), I find it almost impossible to go work out. I'm simply too fatigued (I don't drink caffeine because it disrupts my sleep? even one cup in the morning!). The result is that I start to get flabby and untoned, and I then I tend to fluctuate between almost-toned to back-to-flabby.

My question is, what is the relationship between sleep deprivation and exercise? When you are very tired and have been getting little sleep for several days, is it better to just take it easy and let your exercise program go, or is it better to persist and work out anyway, albeit at a lower intensity?

I have bouts of insomnia, so it's not too helpful to just say "try to get more sleep." Sometimes I just can't.

? Tired and Flabby

Read more [2]

The downsides of sleep deprivation [3]

Dear Alice,

What are the long-term effects of sleep deprivation?

Read more [3]

Sleep talking ? What am I saying? [4]
Dear Alice.

For the past two weeks, my roommate has been noticing that I talk in my sleep. It's not that it bothers him, because he's usually up at night anyway, but it bothers me. I wonder what I say while I am unaware (he never seems to remember) and I wonder why I just started doing this. Things were quiet around here first semester. Is this kind of thing stress-related? (I've got plenty of that recently...) Is it random? Am I losing my mind?

Mumbles.

Read more

Losing sleep over sleeping pills? Will I become dependent on them? [5]

Dear Alice,

I have been having a really hard time sleeping at night. I do my best to stay on a regular schedule as best as I can and steer clear of caffeine, but nothing seems to be working. I have considered taking sleeping pills, but haven't for fear of becoming dependent on them for sleep at all times. Do you know how addictive they really are or if there are any other methods I could try? Thanks so much.

Read more [5]

Sleep apnea [6]

Dear Alice,

This isn't much of a question, but I'm definitely in search of an answer. I suffer from sleep apnea. My throat collapses when I go to sleep. I have to strap an air pump (CPAP) to my face at night. I've been wearing this thing for almost two years. Without it I awake an average of 78 times an hour. Although I'm much better with the CPAP, I feel as though this disease is still going to kill me eventually. The CPAP seems so barbaric. Isn't there any new solutions to my problem?

? Very Tired Indeed

Read more [6]
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If you are in an urgent situation, please visit our Emergency page to view a list of 24 hour support services and hotlines.

Source URL: http://www.goaskalice.columbia.edu/theme-week/catching-zs

Links
[5] http://www.goaskalice.columbia.edu/answered-questions/losing-sleep-over-sleeping-pills-%E2%80%94-will-i-become-dependent-them-