APPRENDRE À DORMIR

Sleep: Myths and Realities

Extra notes:



Production: Ariane Fiset and Marie-Pier Duchaine from Comité Québécois sur les jeunes et les familles (CQJDC)

Scientific Guest: Evelyne Touchette, Ph.D.

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Through this podcast, **you are invited to deconstruct some myths about sleep with Evelyne Touchette:** some she herself believed before becoming a researcher, and others that still persist in our societies today.

This podcast reminds us that **sleep cannot be ordered, but it can be prepared** —and that by better understanding its mechanisms, we can **act with greater gentleness, nuance, and respect toward our needs.**

Listen to the podcast here : https://cqjdc.org/balado-nuance

Topics Covered	Timestamps ?

Evelyne's Sleep Myths : • **You can catch up on / compensate for lost sleep.** We often think that a lack of sleep can be easily caught up on or compensated for. • **Sleeping a little (4–6 hours) is normal / the norm.** It is actually very, very rare for people to only need 4 or 6 hours of sleep. • **"The Early bird gets the worm"** A discussion about chronotypes and the social pressure to wake up early. • **Living on standard time is a good thing / neutral for the body.** The negative effects of daylight saving time and time changes on the biological clock.	? 5 – 9 minutes
Myth 1 : **Everyone needs 8 hours of sleep.** Norms versus individual needs. Recognizing our signs of lack of sleep. Little sleep train: 90-minute cycles and sleep architecture across the lifespan.	? 9 – 18 minutes
Myth 2 : **Watching screens before going to sleep is relaxing.** Disconnecting with our phone, TV series, scrolling, etc. The effects of dopamine, the reward circuit, light, and stimulating content are discussed.	? 18 – 23 minutes
Myth 3 : **Caffeine doesn't affect (or barely affects) sleep in some people.** Tolerance to substances (coffee, energy drinks, etc.) and individual variability shed light on this myth. Not too late in the evening. A reflection on exercise and body temperature as a bonus.	? 23 – 28 minutes
Myth 4 : **Melatonin is a simple and harmless solution (self-medication).** The effects of hormones versus vitamins, issues in children, over-the-counter availability, and unknown effects on development.	? 28 – 31 minutes

Melatonin in children: let's talk about it together!

We know that **melatonin raises a lot of doubts and questions** among parents. And that's normal! We would love to hear your questions and comments here so we can prepare our future tools on melatonin. Let's talk about it together.

Sleep: Much More Than Just Energy. Sleep supports body regeneration, memory, learning, and emotion regulation, in both children and adults. One of the first causes to question. An excellent lever for prevention and intervention. Sleep is a key tool for mental health prevention and well-being, in interaction with nutrition and physical activity.	? 31 – 37 minutes
Preparing sleep throughout the day. Sleep cannot be forced: it is prepared by supporting the biological clock through simple daily cues. Five letters, five cues: see this short video **R.E.P.O.S. de Mission Sommeil.**	? 37 – 43 minutes
Stress, life phases, and vulnerable sleep. Sleep difficulties are often linked to stress or transitional periods in life. Supporting ourselves and acting on stressors is a priority. Tools are available here: **Nuance** podcast on anxiety and lifestyle habits or on www.stresshumain.ca	? 42 – 48 minutes

When and where to ask for help.

If sleep problems persist, it is important to consult health and sleep professionals within our healthcare system to rule out biological causes (sleep disorders, illnesses, etc.) and to access professional mental health, support, and educational resources (psychologists, CBT, psychoeducation, etc.). Let's talk about it—let's make sleep visible.

Here are some additional **resources** to explore:

- Website for teens, parents, and professionals, project *To not Doze Off* : https://www.tonotdozeoff.com/
- Website of the Canadian public health sleep campaign – Sleep on it : https://sleeponitcanada.ca/
- Support here: Fondation Sommeil



? 48 – 53 minutes

Nuance is a captivating podcast designed specifically for young adults, offering a bold and in-depth exploration of various myths surrounding the challenges they face in adapting to their environment. Through authentic conversations and inspiring testimonials, Nuance debunks preconceived notions and offers nuanced perspectives on a wide range of topics.

At the heart of each episode, Nuance is dedicated to deconstructing these myths, providing practical advice and real-life stories to help listeners successfully navigate the complexities of adjustment difficulties. With a focus on mental health and well-being, the podcast also features discussions to support a holistic understanding of everyday issues.

Through its engaging and inclusive tone, Nuance provides a listening space where young adults can feel understood and inspired, while encouraging deep reflection on the pervasive myths that can sometimes hinder their development. An indispensable companion for those seeking to navigate life's challenges with confidence, Nuance strives to promote understanding, resilience, and well-being in all its forms." – excerpt from CQJDC