

# Better Sleep Month: Researchers Rest Case

By Margaret Zulp  
World Staff Writer

The man you saw sitting upright but obviously sound asleep at the park may have frightened you. And the lady at the movie theater who began snoring during an intense love scene may have annoyed you.

But these people are part of a growing population in America — the sleep deprived.

To combat fatigue, work accidents and bad health, the Better Sleep Council has proclaimed May as Better Sleep Month.

According to the National Commission on Sleep Disorders Research, adults today get 20 percent less sleep than they did 100 years ago. That, says Steven Gruenau, Ph.D., is definitely an American trait.

"We are a sleep-deprived culture," said Gruenau, who runs the neurosensory disorders clinic at St. John Medical Center. "We do not nap as most cultures in other countries do. Naps are very beneficial."

"Ever since Thomas Edison invented the light bulb, the amount of sleep has decreased."

Gruenau, director of St. John's mental health department, began sleep disorder research while attending school. He specialized in clinical psychology and earned his doctorate in biological psychology. With his many years of research and treatment of patients with sleep disorders, Gruenau said that sleep medicine is still not as advanced as waking medicine.

"We have lots of answers about sleep," he said, "but there are still many questions unanswered."

"We know people need sleep, and we know what can happen to people without sleep. There are many factors that play into the nightly stages of sleep."

Delaine Simpson, a registered

polysomnographic technician and supervisor at the St. Francis sleep disorders lab, said most people who come to be tested at the sleep lab are usually suffering from problems during the day. "Some people feel bad during the day," she said, "or they're feeling sleepy and tired all the time. Some people are actually falling asleep at work or while driving. These dangerous activities drive many people to the doctor for help."

Sleep researchers can identify many sleep disorders which affect daytime behavior including sleep apnea, narcolepsy, rapid eye movement behavior disorder and insomnia.

The most common complaint from patients is snoring, usually from the bed partner and usually from a wife.

"We don't know why men suffer more from sleep apnea," Gruenau said. "But the numbers of men and women suffering from it become equal during the post-menopausal years."

"Some researchers believe since men have larger, thicker necks, they have more fatty tissue which can block the breathing airway."

The three categories of sleep apnea include people who stop breathing, people whose tongue falls back against the airway and people whose respiratory system completely shuts down.

Gruenau said these people usually have symptoms of depression, day sleepiness, irritability and problems with short-term memory. Severe cases can result in hypertension and cardiopulmonary problems because the heart has to work harder getting oxygen to the body.

"These are the people who fall asleep at work or while driving," Simpson said. "They come home from work and collapse on the couch. They wake up with sore throats, headaches and severe fatigue."

People with sleep apnea can be cured by a simple surgical procedure and can breathe special oxygen to bring their blood levels to normal.

Narcoleptics have no control when they fall asleep and can doze off at work or during busy processes, Simpson said.

"These people can often have periods of weakness when they laugh or are angry," she said. "Sometimes they have paralysis when waking or when falling asleep. It's very frightening."

Gruenau said narcolepsy is inherited and can be controlled with medication. Another form of narcolepsy, called hypnagogic hallucinations, causes people to confuse reality with dream sleep.

See Sleep on Central 2



Illustration Courtesy of Ogilvy Adams & Rinehart

Sleep is crucial to our well-being, and many people believe our dreams tell the story of our inward self.

## Sleep Technicians Tap into Nighttime Habits

By Margaret Zulp  
World Staff Writer

"All right, we have you all hooked up to our machines and we've got the camera on you. . . Now fall asleep."

This sounds like a hard task, but as many as 60 people a month visit sleep labs in Tulsa to discover why they are having trouble sleeping or why they fall asleep during the day.

Delaine Simpson, supervisor and registered polysomnographic technician at St. Francis' sleep lab, said patients are connected to electroencephalogram machines

Do you get more or less sleep than you need?			
	All	Male	Female
More	17%	19%	14%
Less	54%	51%	56%
Just Right	28%	28%	28%
Don't Know	1%	2%	2%

Source: Better Sleep Council survey of 1,000 adults

so physiological processes can be recorded during sleep. The researchers attach sensors only to the head of a patient.

"We also film them during sleep to watch body and eye movements," she said. "We evaluate the amount of sleep and sleep efficiency. We watch to see if they are getting into each stage of sleep."

Sleep stages occur several times during the night and most people have their own rhythms which allow them nightly rest.

See Nighttime on Central 2

## Dream Weaver

Interpreter Takes Jungian Approach to Unconscious

By Tami Cissna  
World Staff Writer

If the dream weaver tucks visions of children, dogs, tornadoes or other images into your sleep, some would say those visions symbolize important messages just for you.

"Your dreams are coming from you, they are for you and they are about you specifically," said Denise Rodgers, Tulsa's Dream Lady. "All dreams are significant."

Rodgers, who teaches classes on dream interpretation, self-healing, meditation and visualization, encourages people to look at their dreams in an "expanded" way rather than literally.

"Dreams are a form of communication from the inner mind to the outer mind as to your present state of awareness," she

### DREAM SYMBOLS

- Blood:** truth.
- Drowning:** being overwhelmed with your life's experiences.
- Fishing:** searching for spiritual knowledge.
- Horse:** white or light colored - using strong willpower; dark or black horse - not using willpower.
- Sex:** (with member of opposite sex) creative thinking.
- Snake:** wisdom.
- Teeth falling out:** having difficulty understanding or utilizing what you are learning.
- Wreck:** possible upcoming health problems.

scious mind.

"First and foremost, dreams are very symbolic so they should always be interpreted symbolically. It's important to learn the symbolic language," she said.

Children, for example, represent new ideas or a new way of life; a tornado See Dreams on Central 2

said. Rodgers, who is known in Tulsa through her appearances on KMOD's morning radio show and on KOTV, Channel 6, has been researching dream interpretation and the mind for 12 years. She studied psychology at the University of Oklahoma and attended the School of Metaphysics in Missouri. She adheres to Carl Jung's psychological theories which emphasize building harmony between one's conscious and uncon-



Community World staff photo by Tami Cissna

Dream interpreter Denise Rodgers adheres to Jungian psychological theories which maintain that objects in a person's dreams are symbolic.

As a child, I took my sleep for granted. I went to bed early and woke up only after the agonizing chorus of "Rise and Shine" and water-gun shock therapy. I slept till it hurt.

Sleep was my rock; or at least I slept like rock.

But, hey, I was happy and fulfilled. A good night's sleep made the world seem

#### 40 Days and 40 Winks

If sleep isn't so important, why do we spend days trying to analyze our dreams? Why do we growl and reach for the imaginary handgun when the alarm goes off in the morning?

Our popular culture is steeped in sleep. It's either a symbol of our fear and loathing — as in the "Nightmare on Elm Street" series — or of our spiritual

#### Make Sleep Not War

Better sleep would eliminate many of the problems in our world. Most of the wars were started by people who didn't get enough sleep. Most of the accidents involve people in dire need of naps.

If someone cuts you off in traffic or offers an obscene gesture when you accidentally cut them off, take action quickly. Pull beside the offending party,

number to the Almighty — the flood, the wilderness, etc., — so the phrase, "Forty winks" is no accident.

It's a command from on high: So enjoy Better Sleep Month. Take a break from the worries of the day. Sleep tight and don't let the stress bugs bite.

Life is only lived once, and one-third of that is in bed. Make the most of the opportunity. Dream on.



World staff photo by John David Heckel

#### Tops in Trash Art

Clayton Boyce, 9, and Chelsea Render, 10, both students at Gilcrease Middle School, stand with their blue-ribbon winning programs from a trash art contest.

### ... Nighttime

Continued from Central 1

Stage I determines initial sleep onset. It's the point where we become drowsy and relaxed.

Stage II brings deeper sleep called sleep spindles which are cycles of activity. Chemicals from the immune system stimulate the body, and rapid eye movement sleep occurs. Later, we can remember the dreams we had during REM sleep.

Stage III and Stage IV are combined states called delta. During delta, people dream but they are not in REM sleep. People do not remember these dreams.

Steven Gruenau Ph.D., who runs the sleep lab at St. John Medical Center, has set up sleep labs in other hospitals. He said keeping a daily routine and going to bed at the same time every

night will help with sleep.

"Setting bedtime at the same hour and getting up at the same time, even on weekends, can help," Gruenau said.

"Americans try to catch up on the weekends. We play hard, drink hard and keep very uneven hours. We don't take care of our sleep."

Creating a healthy, quiet sleep environment is also very conducive to sleep. Many people do lots of waking activities in the bedroom, which should be reserved for sleep and sex alone, Gruenau said.

"People having trouble sleeping should discuss in detail their daily routines and medications they are taking with a physician," he said. "We sleep a third of our lives so we should enjoy it."

### Parents-as-Teachers Director to Speak at Leadership Seminar

The 15th annual Hugh O'Brien Youth Leadership Seminar will feature a local expert on getting parents involved in the educational process.

Elaine Dodd, project director for the Tulsa Public Schools' Parents-as-Teachers Program, will speak during Friday's seminar at the University of Tulsa. Dodd's topic will be "The Three P's in Education: Public, Parent and Private."

The objective of the Hugh O'Brien Youth Leadership Seminar is to teach students the many facets of America's incentive system.

For more information, contact Dodd at 742-7296.

### Do you think sleep loss is bad for your health?

	All	Male	Female
Yes	75%	72%	77%
No	21%	23%	19%
Don't Know	4%	5%	4%

Source: Better Sleep Council survey of 1,000 adults

### ... Dreams

Continued from Central 1

represents turmoil or chaos in the dreamer's mind, and a dog symbolizes a habitual way of doing things, Rodgers said.

"If you reason through some of these symbols, they are going to make sense. A letter or the telephone in a dream is about communication within yourself," she said.

"A car or small vehicle would be the symbol for the physical body because a car is what transports man from place to place, the same as the physical body takes the intelligence from experience to experience. So if you dream about a car wreck, you may have impending health difficulties."

Rodgers believes that about 10 percent of all dreams are premonitions. She said dreaming about death or something terrible does not always mean something bad will happen.

"If someone dies in your dream, you are going through change. Change is good," she said.

Those who don't remember their dreams are probably caught up in the physical world and don't realize the importance of the subconscious mind, she said. She advises people to make a con-

certed effort to remember their dreams.

Rodgers said she believes that the symbols have universal meaning but that cultural differences need to be taken into account when interpreting dreams.

Dr. Nancy Grayson, a specialist in Jungian psychotherapy, said that though there are universal themes in the human mind, she does not interpret one object identically for different people.

The common themes and archetypes need to be integrated with individual experience, said Grayson, who is completing her last year of psychiatric residency at the University of Oklahoma College of Medicine-Tulsa.

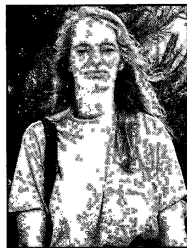
Grayson said she spends time learning about the individual and about their feelings associated with the dreams before beginning analysis.

Understanding their dreams is one way people can expand their self-knowledge, Grayson said. Other advantages she notes are the integration of the conscious mind and unconscious mind, and the bringing to light of priorities.

"Simplistically, you become aware of what's important in your life and it helps you get a larger perspective," Grayson said.

### Community Quotes

## What do your dreams mean to you?



"They represent the overall feeling you are experiencing at that time in your life. I have had a dream where I've woke up with the same feeling as in my dream, but the dream was different. I had a dream where my Harley was stolen, and I don't own a Harley; but several things have been taken."

— Susan Smith



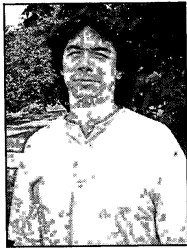
"I think that dreams are trying to tell you something. Several different times, people in my family have had dreams that have come true and sometimes it's what I eat at night."

— Debbie Campbell



"I think it's an enactment of your subconscious."

— Joe Turinetti



"Hurons organized their life by their dreams. The dreams played a very important role in their life, they thought that information came to them in dreams and not only to help resolve their feelings. Hollywood movies are dreams, westerns are dreams about the many conflicts of the Native Americans."

— Richard Grounds

## Your Community World Central

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