

## SLEEP HEALTH

### SLEEP BETTER WITHOUT NICOTINE

Want to know what's keeping you up at night? It might not be the caffeine after all! Studies find that nicotine disrupts those restful zzzs.

Nicotine is in tobacco products like cigarettes, e-cigarettes, hookah, cigars, and vaping products such as JUULs and smokeless tobacco. If you use any of these products, you may not be sleeping as well as you could for the following reasons:

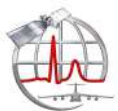
**Nicotine is a stimulant.** Using nicotine within four hours of bedtime disrupts sleep quality and causes you to wake throughout the night. These restless nights cause daily smokers to have a lot of daytime sleepiness. Studies show that people who smoke often (have their first puff early in the day) sleep for a shorter amount of time, throwing off their sleep patterns.

**Tobacco users are more likely to develop sleep apnea (when muscles collapse in the throat during sleep).** Inhaling smoke irritates the tissues in the nose and throat, causing swelling and restricting air flow. Your brain can go through symptoms of nicotine withdrawal while you sleep. When this happens, you may wake up feeling even more restless and agitated.

**You might be thinking – 'it sounds like even after I quit, my sleep won't get better right away?'** It's true that when quitting tobacco, withdrawal symptoms include restless sleep while your body gets used to functioning without nicotine. BUT there are remedies that can help (see: Nicotine Replacement Therapies) and you'll be rewarded with a lifetime of sleep that's not disrupted by nicotine.

Another reason it's worth pushing through the withdrawal period: studies show that disturbed sleep can lead to depression, weight gain and substance misuse. If you want to choose a path to better sleep, we can help. No matter where you are in the process, we have tips and tools on how to quit and stay quit!

Department of Defense (n.d.). Sleep better without nicotine. You Can Quit 2.  
<https://www.ycq2.org/tobacco-e-cigarettes/>



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Check out the calendar on the other side to see what's going on this week.

### MAKING A QUIT PLAN

Quitting tobacco can be tough, but making a customized quit plan that you can access and update throughout your quit can help you reach your goals. If you want to kick start your quit journey, you're in the right place.

The **YouCanQuit2** quit plan is a mobile-first, app-like experience tool that you can access using your browser on any device (phone, computer or tablet). The interactive tool will show you step-by-step how to prepare to quit and then give you the encouragement and tips to accomplish your goals. Throughout your quit journey you can (and should!) refer to and update your quit plan.  
<https://www.ycq2.org/resources/making-a-quit-plan/>

#### MORE FREE QUIT HELP

You can quit smoking for good and live a healthy, smoke-free life. Take the first step and call **1-800-QUIT-NOW** for FREE support.

#### Free quit help:

**1-800-QUIT-NOW**  
**(1-800-784-8669)**

En Español

**1-855-DÉJELO-YA**  
**(1-855-335-3569)**

**A Personal Message From Your Health Promotion Health Myth Busting Team**



Dear Health Myth Busters,

I am a vaper and haven't been sleeping well. I wonder, does vaping affect sleep?

Sincerely,  
Sleepless Vaper

Dear Sleepless Vaper,

Yes! The latest studies on vaping and sleep reveal that Nicotine and sleep are closely tied. One study published using the National Health and Nutrition Examination Survey found that those who vaped has less hours of good sleep per night than those who did not. The study continues to state that those who vape actually have shorter sleep cycles which is does not allow for proper brain and body function and repair. Sadly, Sleepless Vaper, this means that the more you vape, the worse your sleep outcomes will be, and can potentially harm your overall health and well-being

Sincerely,  
Health Myth Busters

CDC (n.d.). *National health and nutrition examination survey*. National Center for Health Statistics. <https://www.cdc.gov/nchs/nhanes/index.htm>

**WHAT'S THE DEAL WITH DISPOSABLE E-CIGS?**  
More of your buddies may be using disposable e-cigarettes these days. So what exactly are they and how might they harm your health?

**DISPOSABLE E-CIGS...**

- Are a tobacco product that heats e-liquid, creates vapor and cannot be recharged or refilled. While these products may come in many flavors and seem appealing, **THEY CAN BE HARMFUL.**
- Expose you to dangerous chemicals (like nicotine) that could harm brain development and **AFFECT BRAIN FUNCTION.**
- Can only be used at designated tobacco use areas and are **NOT PROVEN TO BE HEALTHIER, safer or an effective way to quit smoking** just like other tobacco products.
- May appear cheaper in retail per device, but due to their high levels and the type of nicotine, you may use them faster (which means **SPENDING MORE MONEY** and a stronger addiction).
- Can cause **NICOTINE ADDICTION**. Each disposable e-cig has just as much or more nicotine as one pack of traditional cigarettes or one JUUL pod.

**BETWEEN 2019 AND 2020:**  
Disposable e-cig use increased from **2.4%** TO **26.5%**  
(that's approximately 1,000%)

**DON'T BE FOOLED BY DISPOSABLE E-CIGS.**

Learn more about how using **tobacco and e-cigs** can negatively affect your health so you can stay mission ready at [www.ycq2.org](http://www.ycq2.org).

**YOU CAN QUIT 2**  
MAKE YOUR FUTURE TOBACCO FREE

[www.ycq2.org](http://www.ycq2.org) |

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to [ijqJZ'Vgl'Uzã gU'a Vi "Uzã fU\dc4 a Uj"a \]](mailto:ijqJZ'Vgl'Uzã gU'a Vi ) Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>

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Air Force Health Promotion HQ

**Community Events**

HERE'S WHAT'S GOING ON WHERE YOU LIVE

Your Local Health Promotion Office



Contact:

Phone:

Email:

Monday	Tuesday	Wednesday	Thursday	Friday