

Sleep Deprivation & Touring Music Artists

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Abstract

The lack of sleep has become an epidemic today among the millennial generation, specifically among touring music artists. It's mostly due to the high levels of stress these artists face in the industry. It is the constant burden of producing high-quality music and staying "in" and relevant, not to mention social media promotion, extensive travel and long hours of work. This all leads to the underlying issue of extreme sleep deprivation. Sleep deprivation can have drastic effects on your physical, mental and emotional health. In this regard, this paper discusses the various aspects related to sleep deprivation associated with the general public with a special focus on touring music artists, as well as my personal experience as an artist myself and my senior capstone project.

Introduction

When was the last time you got a good night's sleep? For many, this could have been as recent as last night. For others, like me, I wouldn't be able to tell you. In between juggling a full time job at a law firm, full time schedule at Purchase College, social life, family life, touring DJ career and running my own record label, life itself was becoming a nightmare. My sleep was cut short to an average of 3-4 hours a night, on some nights I wouldn't sleep at all. When I first began with this demanding routine, sleep was never a priority. The motto my friends and I adopted to live by was, "There will always be time to sleep later." However, I had no idea of the ramifications one could suffer due to sleep deprivation.

The life of a touring music artist can be one to envy. But after the glamour fades, music stops, lights shut off, doors close and the crowds disperse you're left out on your own in the wee hours of the night. Stuck, trying to figure out what to do with all the adrenaline rushing through your veins. The last thing you want to do is go to sleep. You can't. Your mind won't let you. Not to mention the influence of alcohol or drugs which can also distort and affect your ability to fall asleep.

Music has been my passion from an early age. I don't think I enjoy anything more than sharing my musical taste with others, watching them smile, dancing and enjoying themselves. I believe music has a special way of connecting people, more than words could ever do. I also love traveling, so becoming a disc jockey was ultimately a no brainer. However, the lack of sleep was rigorously starting to take a toll on my body; physically, mentally, and emotionally.

My mornings were nothing to look forward to. I'd wake up groggy, moody and exhausted. These feelings became normal to me because of how often I was experiencing them. Being deprived from my sleep started to impair my cognitive functioning, decision making and reactions. Logically, it started affecting my work production at my day job and school. I was slow, inattentive and easily irritated. For example, I recently was booked to play a string of shows at the Winter Music Conference in Miami, Florida. I might have slept a total of 15 hours during a span of 5 days. Come Monday, I had work at 9am and class after at Purchase for the rest of the week, for which I struggled to attend and perform at. I actually had a meeting with Professor Garber on my senior capstone and I could barely cope because of the level of fatigue and exhaustion I was experiencing. My physical appearance started to deteriorate as well. Dark circles under my eyes, messy hair, flushed face and irregular dress. It came to a point that I wasn't emotionally invested in anything I was doing. All I could think about was getting into my bed and calculating how many hours of sleep I could manage to acquire before waking up and heading to the next show.

Starting my senior capstone project was a blessing in disguise. When we were asked to pick a topic of our choice, sleep deprivation immediately lit up a bulb in my head. I felt that I could learn a lot from researching and focusing on this topic. Especially, since I personally considered myself to be sleep deprived. After developing healthier sleeping habits, my life has changed drastically for the better. I reduced the amount of DJ gigs I book, for now, in order to focus more on my assignments at school, my job and of course to accommodate my new and improved sleeping pattern. Sleep and rest have become a priority in my life as this project has led me to realize they hold equivalent value to working hard and success. Without sleep and rest

you cannot put in 100% of your effort into any task and it's unlikely you will achieve the goals you have set out to reach. Since this epiphany, I'm much more productive in all my daily activities, my thoughts are no longer clouded and I can think much clearer when it comes to decision making. Not to mention, I feel generally happier, no more mood swings or being a grumpy individual. My outlook on life has transitioned back to a positive one. Embracing all of life's challenges with open arms because I now have the energy and motivation to tackle them. I can finally be myself without feeling exhausted and fatigued all the time.

SnoozeDoc.com (Praxis Component)

For the praxis component of my project, I decided to construct a website through SquareSpace which is a website design application. It took some time to come up with the domain address but after reviewing various different candidates I decided to adopt SnoozeDoc.com. SnoozeDoc is a prototype website for a non-profit organization that offers help and special services for those individuals suffering from sleep deprivation. This organization would be based out of a large facility in New York City and would accept walk ins, referrals and calls for individuals who are seeking professional help with their sleeping issues. However, all services are exclusive to members of the Snooze Club which is completely free to join. All that's required is for members to subscribe with their email, phone number, name and address. The creation of the Snooze Club is crucial to build a network of people all finding solutions and help to their sleeping problems. I also feel that it can spark a sense of belonging to some individuals which can make them feel more comfortable about their personal sleeping situation.

SnoozeDoc.com also has a story page located under the About tab on the top of the home page where the organization's background is conveyed in a simple manner. It is available for the

public to read and get to know the organization on a more personal level. Following, is the testimonials page where viewers can see and explore what other Snooze Club members had to say about the benefits of SnoozeDoc. A contact page can be found with the facilities number, mailing address and hours of operation. Not to mention an embedded window for Google maps in order to visually and interactively explore the facilities surroundings and location. I felt it was important for SnoozeDoc to offer a hotline for individuals to inquire about the organization via phone, as well as for those seeking immediate help with any sleeping problem they may be facing. 24 hours a day. 7 days a week. All that needs to be done is visit the hotline's page on the website and dial 1-800-SNOOZE. Finally, I wanted to add a fun component to the website in order to captivate attention from visitors and viewers. I created the Snooze Fun Facts page to inform visitors of random fun facts that relate to sleep that they may have never been aware of. The Snooze Fun Facts page is updated every month with new facts. Throughout the whole website's design I also felt it was important to add images of different people from all walks of life while they are asleep in order to facilitate relation from viewers.

Building SnoozeDoc.com with SquareSpace was a long process but I enjoyed every minute of it. I acquired valuable web design skills in creating this website that will assist me on other projects and future endeavors. The only major issue I ran into during the process was in connection to the initial page that I had built to show Professor Garber at our final meeting. The website trial had expired and prohibited me from accessing all of my work which almost gave me a heart attack. Fortunately, I was able to recreate most of the work that had been previously done. When complete I quickly adhered to Professor Garber's advice and screenshotted all of my

work which gave me a great sense of relief and facilitated the process of transferring them to this PDF file.

Causes of Sleep Deprivation

A number of factors are responsible for sleep deprivation among people including medical, psychological, and environmental factors.

Work Environment

Certain work environments are more likely to interfere with the body's natural sleep-wake cycle and cause sleep deprivation. In particular, touring music artists tend to have an uneven nap pattern and frequently do not obtain sufficient sleep due to extensive travel and long hours of work. Changes in the wake-sleep sequence will delay sleep, but in the last lesson, one needs to wake up before taking enough sleep (Sleep, S. L. E. E. P. & DAKOTA, 2016).

Habits of the Sleep and Environment

In some cases, sleep deprivation may occur as a result of stimulation in the patient's sleeping environment. This includes sharing beds with extreme temperatures, noisy areas, or people snoring. Newborn parents also can experience lack of sleep. This usually happens as a result of happening to keep or care for infants and toddlers during the night when they wake up. In addition, sleeping behaviors can also impact the sleep's value and magnitude. This involves the utilization of stimulants, such as physical exercise at bedtime.

Insomnia

Insomnia is a condition involving nocturnal obstruction associated with sleep deprivation that extends to one-third of the adult population. It is characterized by symptoms of drowsiness, lack

of concentration at school and workplace, memory and performance difficulties. Some causes of insomnia and, as a result, sleep deprivation are as follows.

- Differences in neurotransmitters
- Simultaneous clinical condition
- Stimulant drug
- Environmental factors
- Anxiety
- Mental problems

Sleep Apnea

Sleep apnea is a fitness state including the collapse of the higher airway as individuals are sleeping and reduce the flow of air to the lungs. This often occurs at short intervals at night as a reaction to an insufficient supply of oxygen. After that, it is regular for the patient to lose sleep and have signs of drowsiness throughout the day (Sleep, S. L. E. E. P. & DAKOTA, 2016).

Short-term Diseases

Short-term diseases such as colds, influenza, tonsillitis, etc, can cause changes in breathing during sleep, and may force you to wake up at night. It can deeply affect sleep and commonly cause sleep deprivation.

Sleep Deprivation among Touring Music Artists

One problem in the music industry is that the emotional health of most touring musicians is not good. The problem is serious; many musicians cannot sleep. Sleep shortage can cause not only stasis and fatigue but also orientation misalignment. It also causes other long-term problems. There is too much pressure from the music industry. It is worrying to see so many traveling musicians that cannot sleep properly. One of the biggest causes of the problem is the

amount of stress that contemporary musicians face. The necessity of acquiring bookings and shows require music artists to work for extended periods of time.. Music has become a digital-heavy industry in recent years; a place where artists can control the environment through laptops and technology. Social media is a useful tool for artists. The fact that they spend a lot of time has a detrimental effect. In order to maintain a music career without considering success and growth, great resolve and work ethic are leading many touring music artists into extreme conditions. There is a direct relationship between the musician's sleep problems and the time they have to spend creating music (Vaag, 2015). Social networks are an excellent way to promote your musical work. People can hear content quickly and easily, but many of them are depends on the level of popularity and marketing. Although it can be said that it was always like music, the intensification of competition with music digitization means that many people cannot release themselves from technology.

The National Institute of Health estimates that about 30 percent of the general population suffers from sleep disorders. According to the American Psychological Association, most healthy adults show good performance in a 16-hour waking state and an average 8-hour sleeping state during the night. However, individual needs may change from requiring 6 to 10 hours of sleep per night. Sleeping ability does not decrease with age, but there is the ability to sleep well (Irwin, Olmstead & Carroll, 2016).

Sleep experts are stressed at the primary cause of acute sleeping problems. Touring music artists are concerned about traveling to the next concert, which leads to the anxiety that prevents them from going to sleep. Thus, anxiety and insomnia worsen each other. Yoga, meditation, and

other mental and physical relaxation techniques are often helpful for them to deal with sleep deprivation.

Travel can change the biological rhythm, especially when crossing time zones. Environmental factors such as cold places, hot places, noisy places, and bright places can get out of control on the road. Insufficient sleep degrades musical ability, general health condition and quality of life. Many studies have shown that insufficient sleep may degrade cognitive functions such as effective concentration and functions necessary for decision-making. Irritability, perseverance, and ability to associate with others may also be affected. It is noteworthy that alcohol, caffeine, tobacco etc. deprives mouth and larynx of moisture and makes voice tired, leading to fatigue and tension (Vaag, 2015).

Effects of Sleep Deprivation

Deterioration of appearance: Dark circles under the eyes after a nightmare is not the best decoration. Sleep is good not only for the brain but also for the appearance. People who sleep less seem less appealing to people. There is also an association between rapid aging of the skin and lack of normal sleep.

Increased risk of colds: Complete sleep is one of the basic elements of the immune system. Research shows that people sleeping less than 7 hours a day have a high risk of getting sick three times a year. In addition, Mayo Clinic experts explain that cytokines, which are special proteins in the body, are produced during sleep. Some of them serve to maintain deep sleep and others have to increase to protect the body when it has infection or inflammation or when it is stressed. As a result of sleep deprivation, production of these protective cytokines will decrease, and one will get sick.

Risk of brain micro-damage: After a night of sleep deprivation, the brain showed that it lost part of that tissue. This can be detected by measuring the levels of the two molecules in the blood, which generally indicates that the brain is damaged.

Memory and concentration issues: Memory and concentration problems are added to the issue of attention. Because dreams are involved in the memory integration process, it is difficult to concentrate on the execution of assigned tasks, and the memory also decreases. So, if one sleeps less, memorizing new materials becomes increasingly difficult.

Increased stroke risk: According to research, it is shown that lack of sleep (sleep time less than 6 hours) of the elderly increases the risk of stroke quadrupled.

Cancer development likelihood: Poor sleep can cause the emergence of precancerous growth. Therefore, as a result of an investigation of 1240 participants (who performed a colonoscopy), the risk of colorectal adenoma appearance increased by 50 percent in those who slept less than 6 hours a day.

Increased diabetes likelihood: A survey conducted by the Centers for Disease Control and Prevention in 2013 revealed that most of the sleep deprivation is associated with an increased risk of many chronic diseases including diabetes. This is due to the fact that sleep deprivation runs the risk of obesity and insulin sensitivity decrease.

Decreased sperm count: In 2013, a study was conducted among 953 young men in Denmark, during which showed that the males with sleeping disorders had a 29 percent lower sperm count than those who slept at least 7-8 hours a day.

Conclusion

Thanks to this senior capstone project I have been able to explore, research, and help create tips and solutions for individuals just like me suffering from sleep deprivation. There is a lot of pressure for touring music artist in today's society and I believe it is time for most of us to reach out for help before it's too late. Many people are not aware, but accumulated lack of sleep does not only make you tired the next day, but has long term effects on your physical, mental and emotional health. Maybe SnoozeDoc.com can be officially published on the web one day and help pioneer a movement for touring music artists and all to come together and address this underlying issue. Thank you Professor Garber for all of your help and guidance through this process. I can honestly say it was a life changing experience. Sleep well.

References

Irwin, M. R., Olmstead, R., & Carroll, J. E. (2016). Sleep disturbance, sleep duration, and inflammation: a systematic review and meta-analysis of cohort studies and experimental sleep deprivation. *Biological psychiatry*, 80(1), 40-52.

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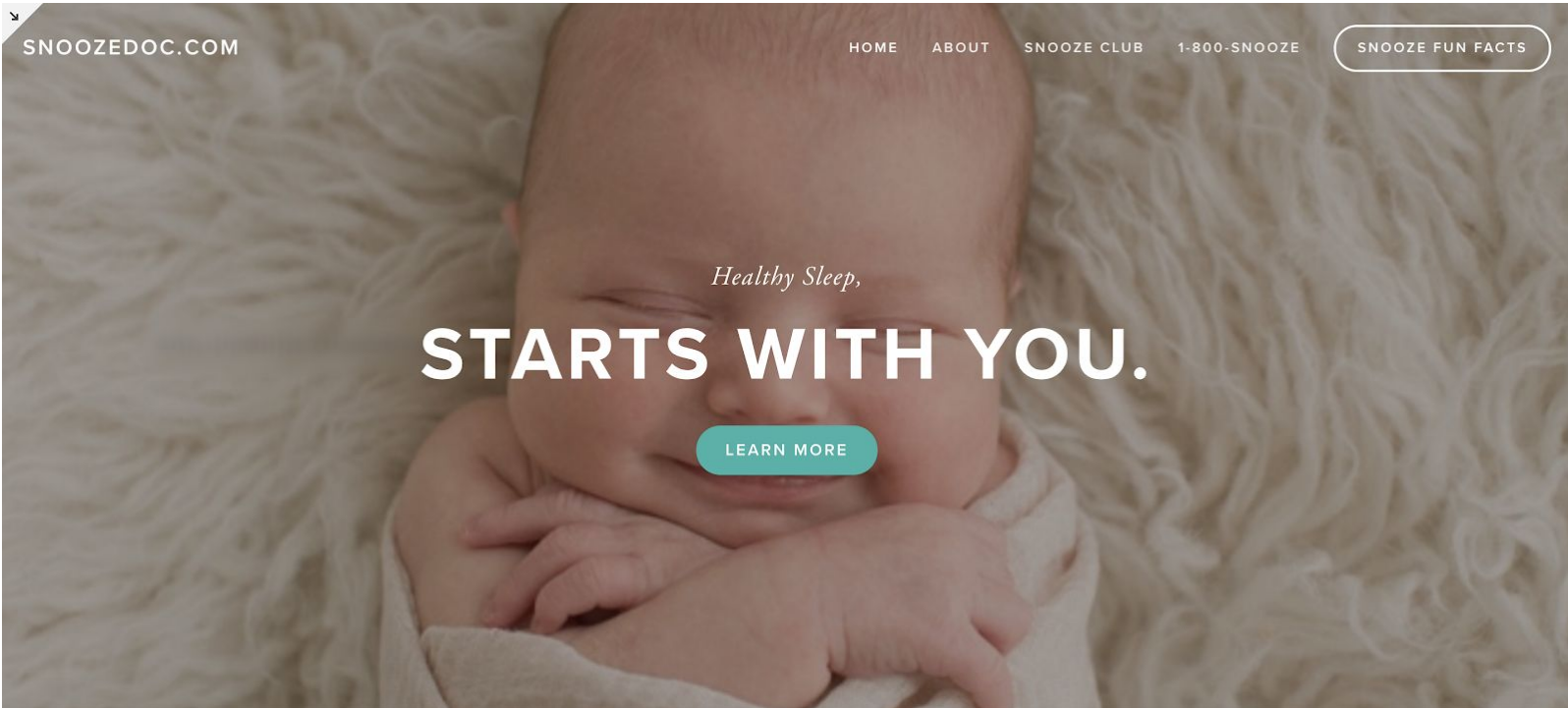
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Vaag, J., Giæver, F., & Bjerkeset, O. (2014). Specific demands and resources in the career of the Norwegian freelance musician. *Arts & Health*, 6(3), 205-222.

Praxis Segment (Website)

SNOOZEDOC.com

HOME PAGE PT.1



HOME PAGE PT.2

WELCOME!

AT SNOOZEDOC, WE'RE PASSIONATE ABOUT SLEEP. WE OFFER CAREFULLY CURATED TIPS AND SOLUTIONS TO ENCOURAGE A GOOD NIGHT'S SLEEP BECAUSE WE BELIEVE A HEALTHY SLEEP LIFE IS THE FOUNDATION FOR AN INSPIRED AWAKE LIFE.



ABOUT

Find out more about us and what we do.
You're not alone.

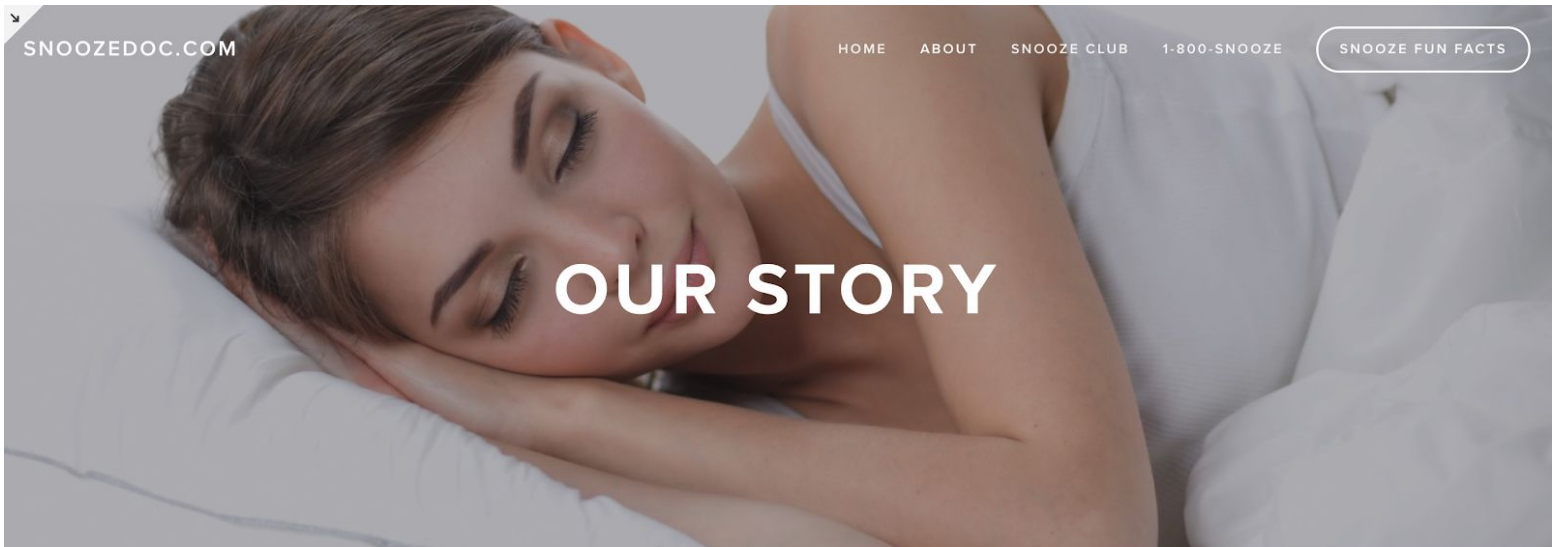
FIND OUT

SNOOZE FUN FACTS

Did you know, sleep deprivation can kill
you faster than food deprivation?

MORE SNOOZE FACTS



ABOUT PAGE[About](#)[OUR STORY](#)[TESTIMONIES](#)[CONTACT US](#)

It's simple.

Leading a healthy, productive life starts with getting a good night's rest and in today's fast-paced world, doing so has become extremely difficult. Studies show that we are more sleep deprived now than ever before and it is

taking its toll on our mind, body, and soul.

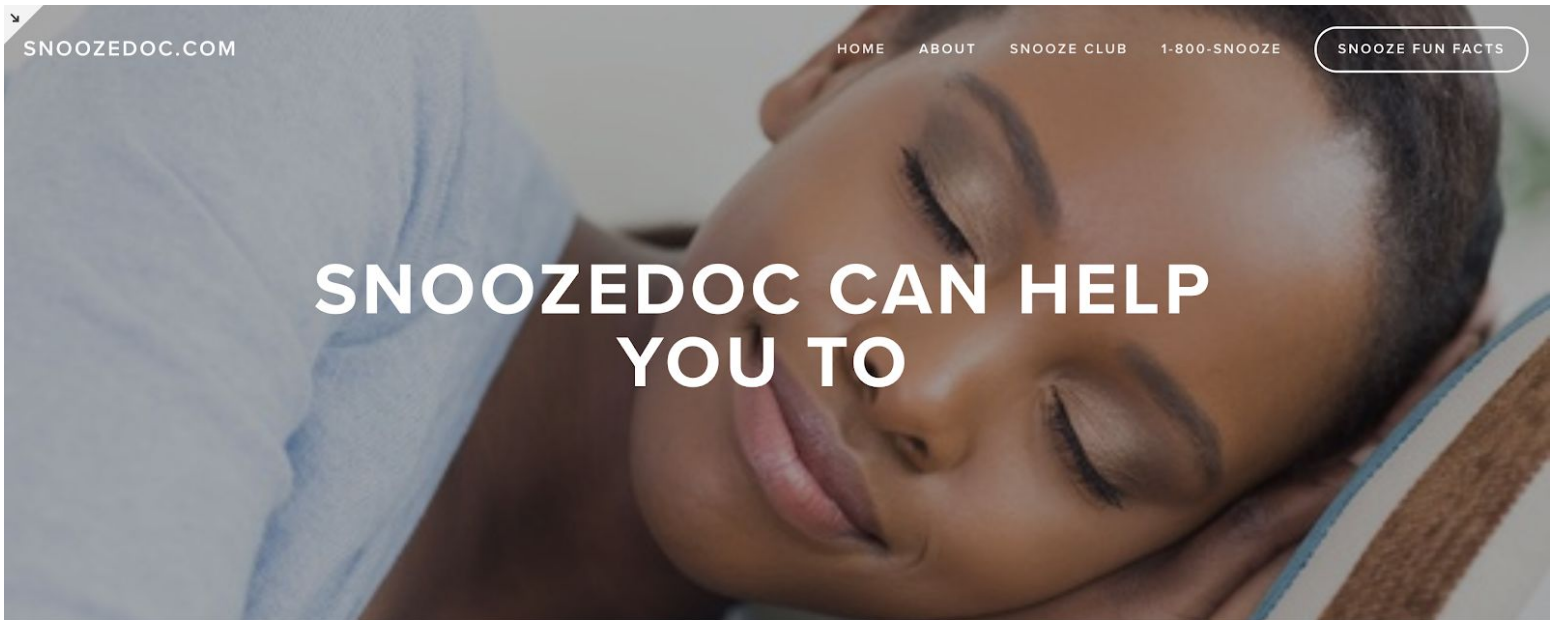
That's where SnoozeDoc comes in.

SnoozeDoc is a site that supports positive reinforcement in both the Sleep and Awake sides of life by presenting practical and imaginative tools for you to succeed.

We have a dream team of sleep experts who offer tips and solutions for getting rewarding, more fulfilling sleep, demonstrating how being well-rested is crucial to not only getting through the day, but thriving in it.

SnoozeDoc offers all of these components to help make every sleeping and waking moment the best they can be.

TESTIMONIES PAGE PT.1



About

OUR STORY

TESTIMONIES

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Real Life Testimonies. By Real People. Just Like You.



ALEX ORTEGA, 26 - TOURING DJ

“Becoming a member of the Snooze Club was the best thing that has ever happened to me. I can finally get some healthy sleep in between gigs when I’m on the road.”

TESTIMONIES PAGE PT.2



JENNY RESTREPO, 27 - JOURNALIST

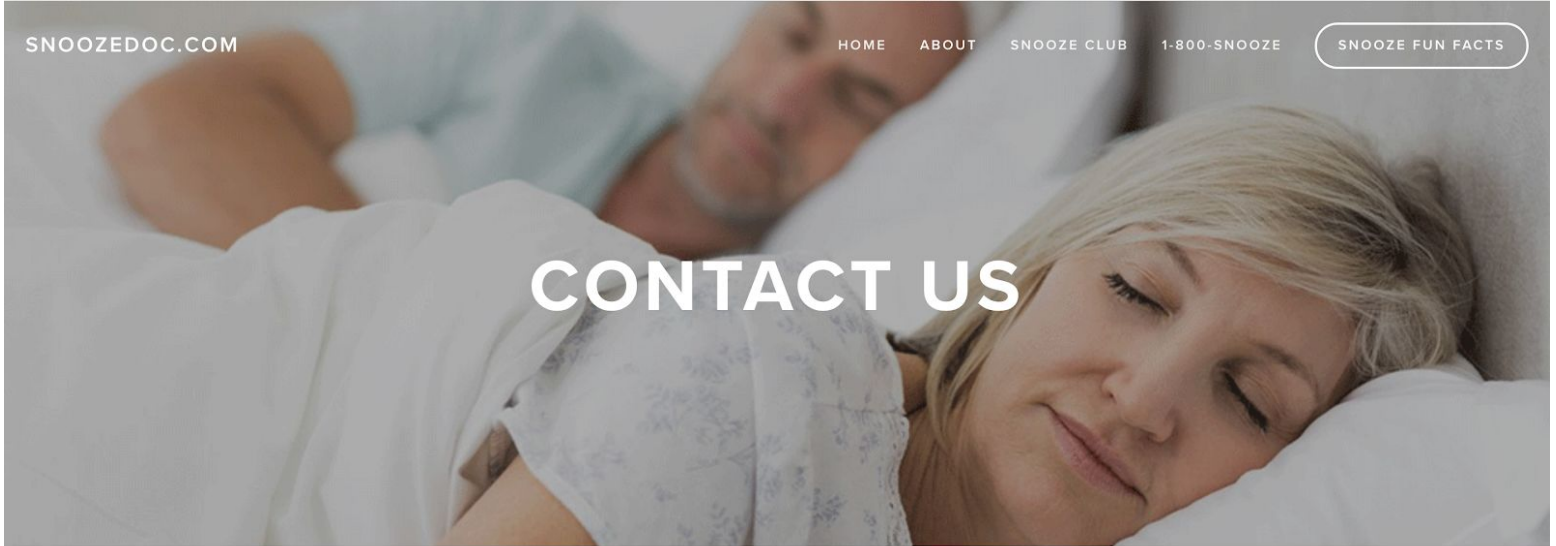
“Snooze Doc helped me adopt a healthy sleeping pattern while traveling the world for work and leisure.”



LISSET & JIMMY OLIVER, 30 - JUST MARRIED

“I don’t know what we would have done without SnoozeDoc. There was so much stress leading up to our wedding we couldn’t even sleep. Thanks to our assigned expert Erica we managed to get some shut eye for our big day!”

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- Sunday: Closed

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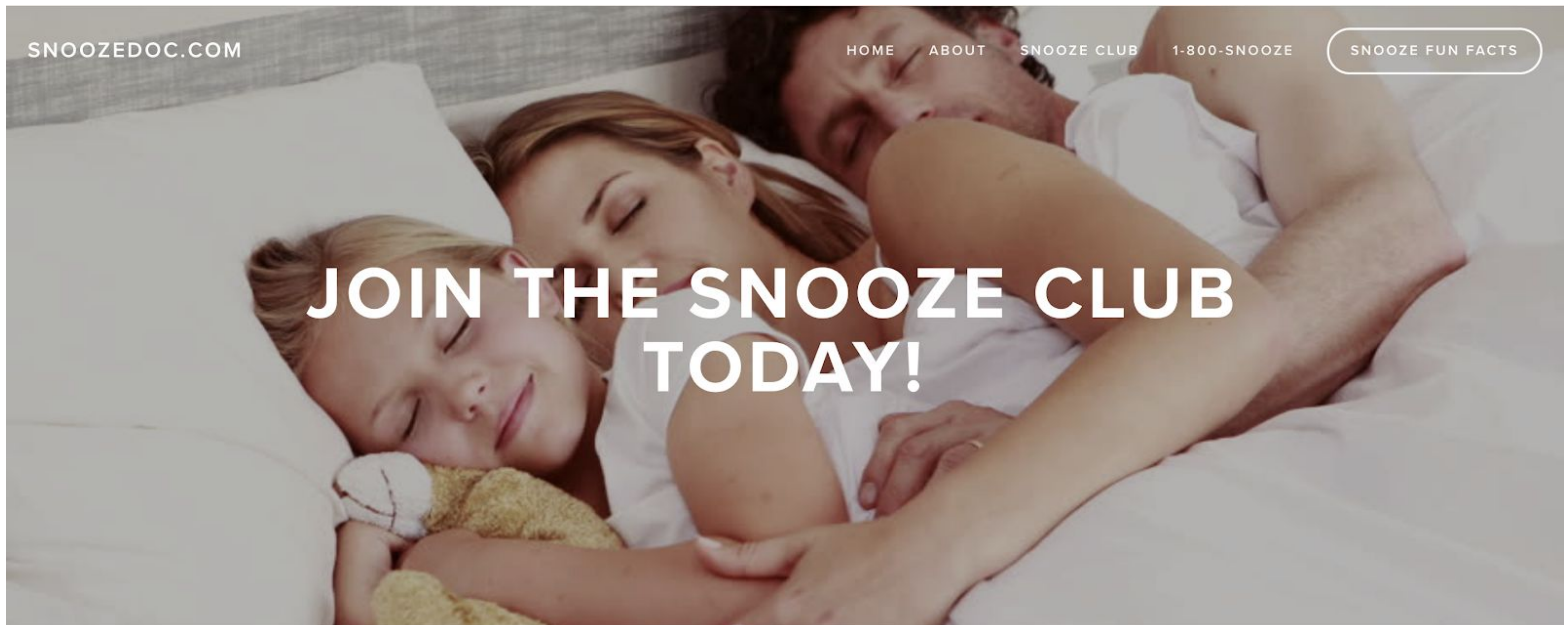
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SNOOZE CLUB PAGE PT.1



YOU SPEND 1/3 OF YOUR LIFE SLEEPING. YOU SPEND THE OTHER 2/3
AWAKE.

MAKE THE MOST OF YOUR LIFE.

JOIN THE CLUB.

SNOOZE CLUB.

SNOOZE CLUB PAGE PT. 2

BECOME A SNOOZE MEMBER. IT'S EASY, AND LIKE SLEEP, IT'S FREE.

Since 2017, SnoozeDoc has been a non-profit organization that has led the efforts to help people just like you get back on track with their sleep. We offer a wide range of classes at our facility in NYC, exclusive for Snooze Club members. Our experts specialize in coping techniques and solutions for touring music artists, newborn parents, students, etc., suffering from sleep deprivation, insomnia and more. Stop by our office located in Lower Manhattan or please fill out the form below and one of our team members will get back to you via email or phone.

Name *

First Name

Last Name

Email Address *

Phone Number*

Occupation *

Brief Description Of Your Sleeping Problem*

SUBMIT

[1-800-SNOOZE PAGE](#)

CAN'T SLEEP?

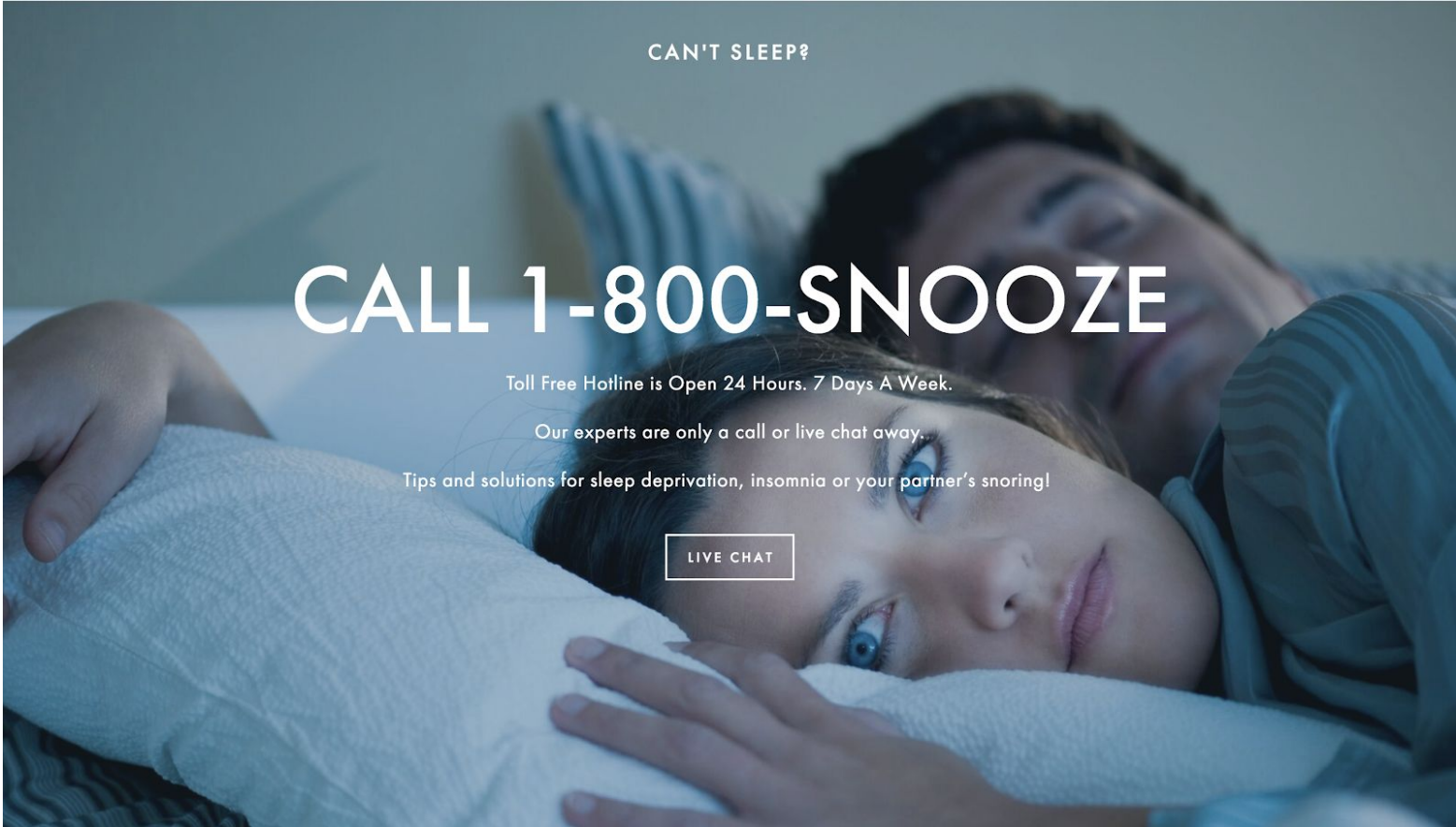
CALL 1-800-SNOOZE

Toll Free Hotline is Open 24 Hours. 7 Days A Week.

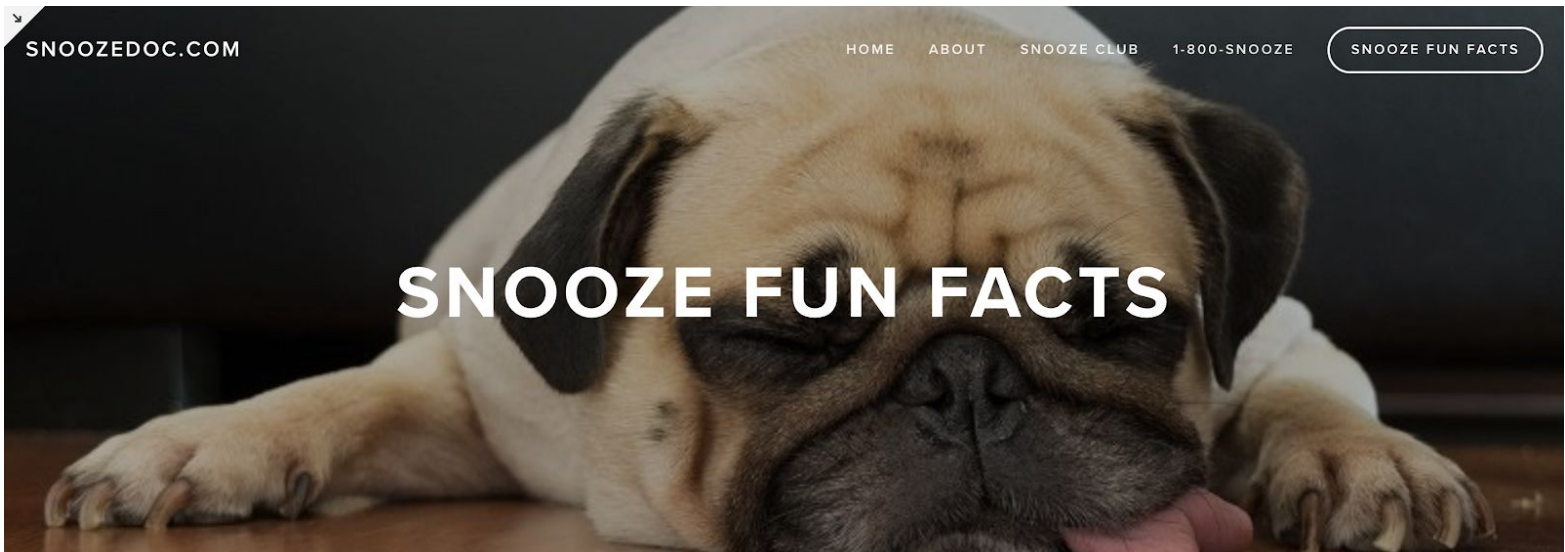
Our experts are only a call or live chat away.

Tips and solutions for sleep deprivation, insomnia or your partner's snoring!

LIVE CHAT



SNOOZE FUN FACTS PAGE



Here Are This Month's Facts...

- MEMORIES HOLD BETTER DURING SLEEP.
- HORSES CAN SLEEP STANDING UP.
- RABBITS SLEEP WITH THEIR EYES OPEN.
- MORE CALORIES ARE BURNED DURING A GOOD NIGHT'S SLEEP THAN WATCHING TV.
- KOALAS SLEEP UP TO 20 HOURS A DAY.
- 8% OF AMERICANS SLEEP NAKED.
- DRINKING CAFFEINE AT NIGHT CAN INTERRUPT THE NORMAL PATTERN OF YOUR BODY BY 40 MINUTES.
- SOMNOPHOBIA IS THE FEAR OF FALLING ASLEEP.
- FALLING ASLEEP IN LESS THAN 5 MINUTES INDICATES SLEEP DEPRIVATION.
- EXERCISING REGULARLY IMPROVES SLEEP.
- LACK OF SLEEP MAKES YOU HUNGRY.
- WOMAN NEED ONE MORE HOUR OF SLEEP THAN MEN.
- A 6 MINUTE NAP CAN IMPROVE YOUR MEMORY.
- PAIN TOLERANCE IS REDUCED BY SLEEP DEPRIVATION.

Come Back Next Month For New Facts!

Thank you for visiting SNOOZEDOC.com!