

THE IMPORTANCE OF SLEEP

Understanding sleep, the power of it and how to get as much high-quality sleep as possible is one of the healthiest things we can do.



Sleep is a naturally recurring state characterized by reduced or absent consciousness, and the inactivity of nearly all voluntary muscles.



Sleep timing is controlled by the circadian clock, and in humans, to some extent by willed behavior.



Sleep is restorative, and without it we are not able to work, learn, create and communicate at our highest level. With time, lack of sleep can lead to mental and physical breakdown.



Sleep has also been shown to be linked to the immune system. Sleep loss can impair our immune function.



When we sleep, our metabolic rates reduce and free radical production is decreased, allowing restorative processes to take over.



Sleep supports higher-level cognition functions such as decision-making, reasoning and memory.



EFFECTS OF SLEEP DEPRIVATION

Everyone experiences trouble sleeping from time to time but problems may occur when regular disturbances happen frequently and affects your daily life.



Fatigue & lethargy



Foggy mind



Reduced creativity and
problem-solving skills



Concentration and
memory problems



Difficulty making
decisions



Reduced immunity



Frequent colds and
infections



Increased risk of diabetes,
heart disease, & other health
problems



Lack of motivation



Inability to cope with
stress



Moodiness and irritability

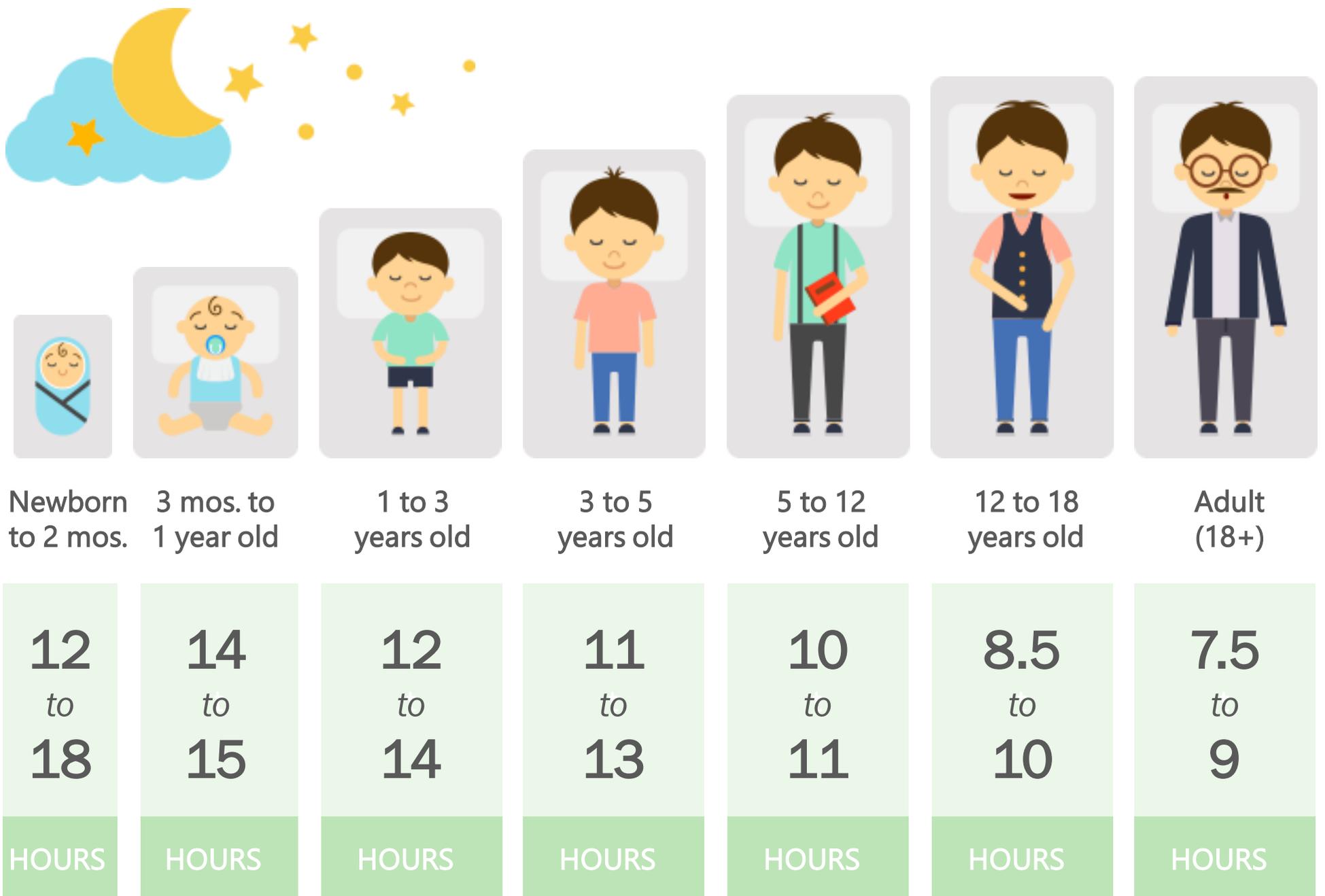


Impaired motor skills &
increased risk of accidents

HOW MUCH SLEEP DO WE NEED

The recommended amount of sleep for healthy adults is between 7-9 hours. Babies, toddlers and teens need even more sleep to enable their growth and development.

The best way to evaluate if you are getting adequate sleep is to monitor how you feel throughout the day. If energy is low, memory is poor and you don't feel alert, then chances are you need more sleep.



HOW TO SLEEP BETTER

Improve your sleeping habits with these sleep promoting techniques and considerations that can be easily integrated into your evening routine.

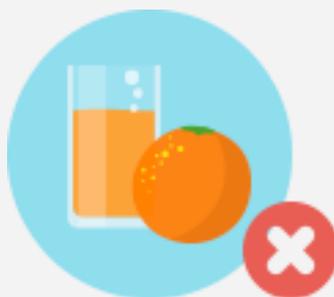
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IMPROVE NUTRITION AND EXERCISE HABITS

Good nutrition habits can drastically improve sleep quality, particularly in the last hours before bed. Consider the following:



Avoid eating large meals before bed



Avoid drinking too much liquid



Avoid caffeine and especially in the latter part of the day



Limit alcoholic beverages and avoid before bed



Exercise daily

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2

REDUCE STRESS & RELAX

Managing stressors and using pre-bed relaxation techniques can be effective in aiding a better night's sleep. Try these techniques:



Write down any problems or issues on paper



Conduct some deep breathing exercises



Listen to your playlist or diffuse a lavender spritz in the room



Avoid any stressing tasks or thoughts before bed



Keep the bedroom clean and tidy



Have a hot shower or bath



Do something you enjoy before bed

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3

KEEP THE BEDROOM FOR SLEEP

Ensuring the bedroom is optimized for relaxing, unwinding and sleeping is essential. Get your bedroom ready:



Eliminate noises that may disturb your sleep



Keep bedroom at the right temperature (18-22C/64-72F)



Silent all electronic devices



Ensure the room is dark- black-out curtains do wonders



Ensure your bed is comfortable