

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 characterised 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.

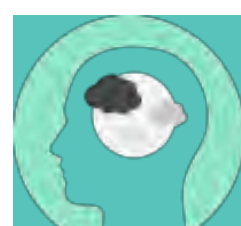


EFFECTS OF SLEEP DEPRIVATION

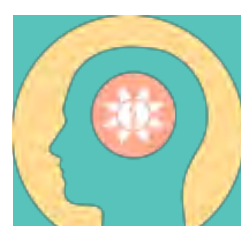
Everyone experiences trouble sleeping from time to time but problems may occur when regular disturbances happen frequently and these can begin to affect your daily life.



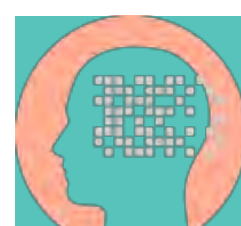
Fatigue & lethargy



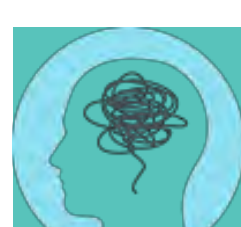
Foggy mind



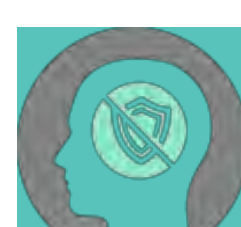
Reduced creativity and problem-solving skills



Concentration and memory problems



Difficulty making decisions



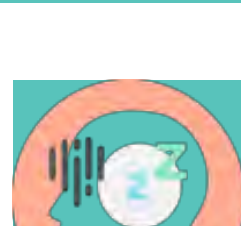
Reduced immunity



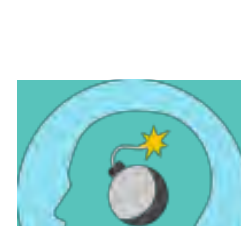
Frequent colds and infections



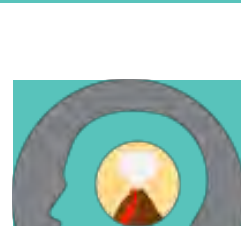
Increased risk of diabetes, heart disease, & other health problems



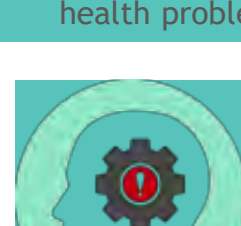
Lack of motivation



Inability to cope with stress



Moodiness and irritability



Impaired motor skills & increased risk of accidents

HOW MUCH SLEEP DO WE NEED ?

There is no system or protocol to how many hours of sleep we should get, and the best way to evaluate it is to monitor how we feel throughout the day. If energy is low, memory is poor and we don't feel alert, then chances are we need more sleep.



Newborn to 2 mos.	3 mos. to 1 year old	1 to 3 years old	3 to 5 years old	5 to 12 years old	12 to 18 years old	Adult (18+)
12 to 18	14 to 15	12 to 14	11 to 13	10 to 11	8.5 to 10	7.5 to 9
HOURS	HOURS	HOURS	HOURS	HOURS	HOURS	HOURS

HOW TO SLEEP BETTER

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

1

IMPROVE NUTRITION AND EXERCISE HABITS

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



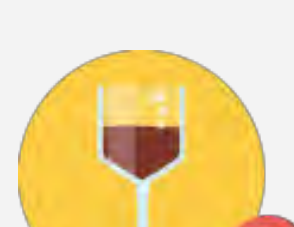
Avoid eating large meals before bed



Avoid drinking too much liquid



Avoid caffeine in the latter part of the day



Avoid alcohol before bed



Exercise daily

2

REDUCE STRESS & RELAX

Managing stress 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 techniques



Use meditation and relaxation techniques



Avoid any stressful tasks or thoughts before bed



Keep the bedroom clean and tidy



Have a hot shower or bath



Do something you enjoy before bed

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)



Remove all electronic equipment



Ensure the room is dark enough



Ensure your bed is comfortable enough