

Stress and You Series – Week #2

Sleep Is... Regeneration and rest for the brain. Your brain actually uses 20-25% of your body's energy.

Why Sleep?

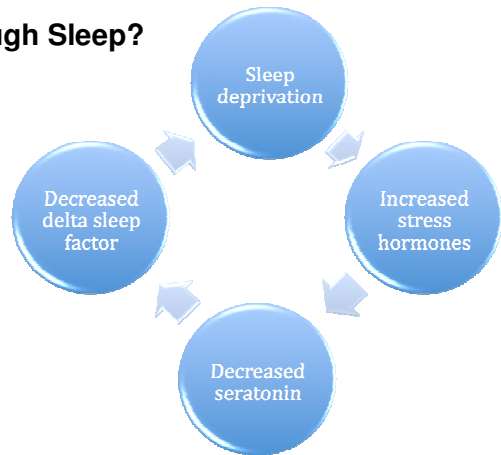
- To regenerate energy for the brain
- To consolidate memories
- Some brain circuits become more active than in waking hours
- Glucocorticoids are low during sleep

Two Types of Sleep:

- 1) **REM** (Rapid Eye Movement): When dreaming and memory consolidation take place. Insufficient REM sleep can lead to decreased cognitive function (mood, memory, decision making...)
- 2) **Low-Wave Sleep:** When energy restoration/rejuvenation takes place (most easily interrupted by stress).

One dose of caffeine = 250ml

Not Enough Sleep?



Create Your Own Personal Prescription for Sound Sleep:

Bedroom: _____

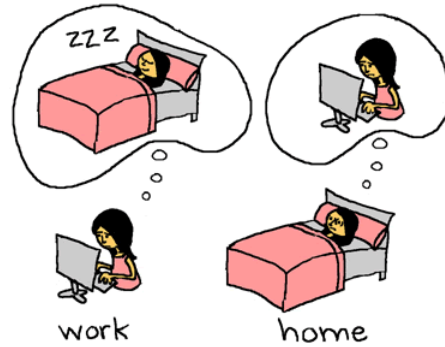
Bed: _____

Bedtime: _____

Food/Bedtime Snacks: _____

Strategies for Clearing Your Mind:

- Have things ready for the morning
- Keep pad and pencil beside the bed
- Worry tomorrow!
- “I am so looking forward to a good sleep tonight.”
- Quit smoking



Meditation:

- Give full focus to the present
- Watch your breath as you inhale and exhale
- Allow thoughts to cross your mind without judgment and without emotion
- Daily meditation of 3-5mins is more beneficial than weekly for 30mins

Cognitive Distortions that Lead to Anxiety and Worry:

All-Or-Nothing Thinking: _____

The Mental Filter: _____

Overgeneralization: _____

Notes:
