

How to Get Good Sleep

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

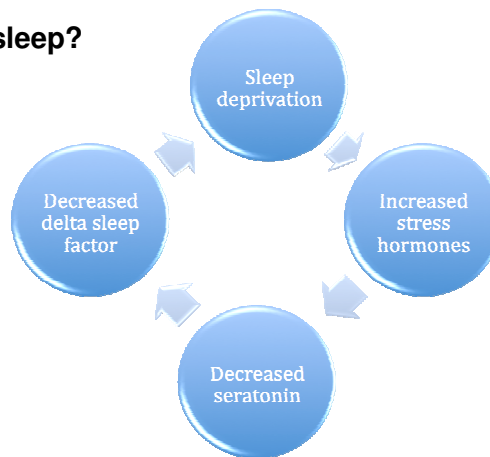
Why Sleep?

- To regenerate energy for the brain
- To consolidate memories
- Some brain circuits become more active than in waking hours
- Stress hormones 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).

Not enough sleep?



Create Your Own Personal Prescription for Sound Sleep:

Bedroom: _____

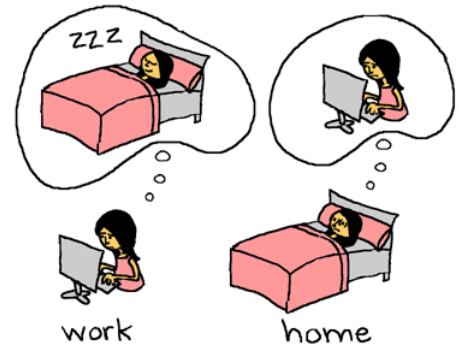
Bed: _____

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

Relaxation Response Strategies:

1. Create a sound prescription for sleep
2. Movement and consistent exercise lessen stress hormones which improves quality of sound sleep
3. Nutritional strategies for optimal sleep [eat on a schedule [3-4 hours]; choose the right foods [lean proteins, dry & wet carbohydrates, healthy unsaturated fats]; choose the right combinations of food]. Practice healthy eating strategies every day to optimize metabolism.

Notes:
