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 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

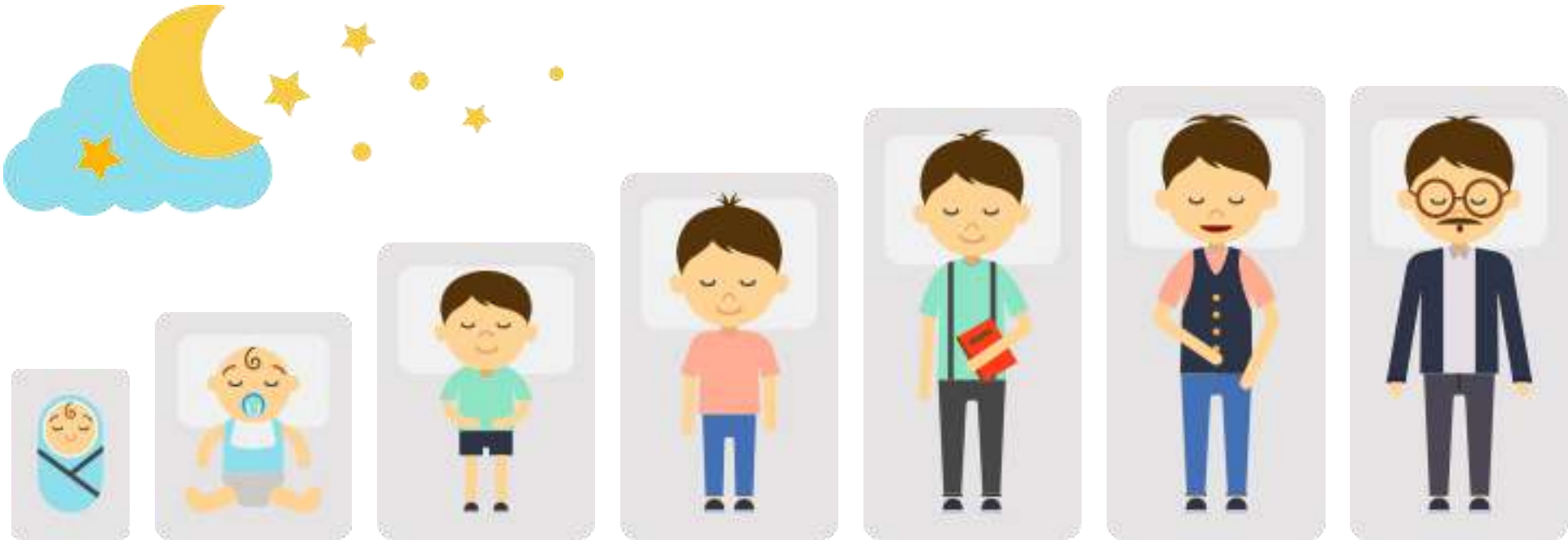
Inability to cope with stress

Moodiness and irritability

Impaired motor skills & increased risk of accidents

HOW MUCH SLEEP
DO WE NEED

There is no protocol to how many hours of sleep we should get,
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

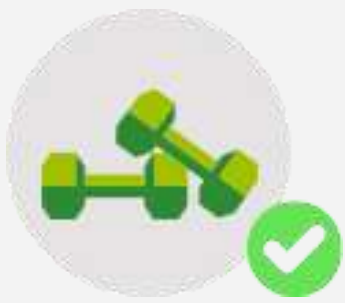
Good nutrition habits can drastically improve sleep quality, particularly in the last hours before bed. Consider the following:

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

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2 REDUCE STRESS & RELAX

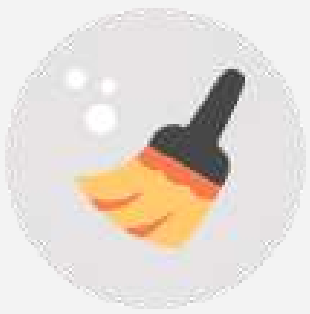
Managing stressors and using pre-bed relaxation techniques can be effective in aiding a better night's sleep. Try these techniques:

Write down any problems or issues on paper

Conduct some deep breathing techniques

Use meditation and relaxation techniques

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)

Remove all electronic devices

Ensure the room is dark enough

Ensure your bed is comfortable enough