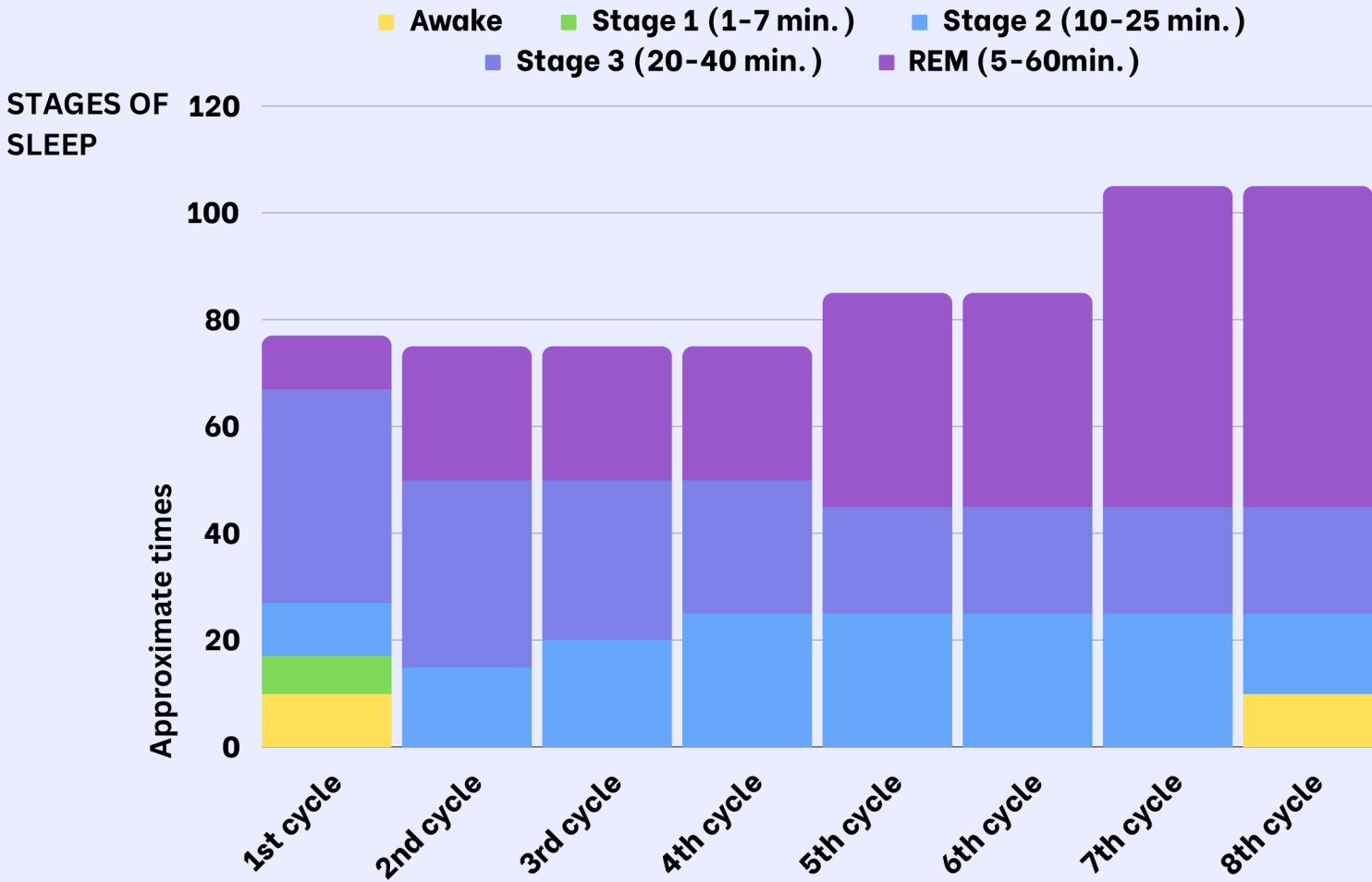


SLEEP



Stage 1: Light sleep and can easily wake up. (People often think they are awake in this stage). Body not fully relaxed. Move quickly into stage 2.

Stage 2: Body temperature drops. Muscles relax, breathing slows down. Each stage 2 gets longer as you sleep.

Stage 3: Deep sleep stage and it’s hard to wake up. Muscle tone, pulse and breathing rate decrease. This is known as restorative sleep (body recovery and growth happens). Each stage 3 gets shorter.

REM (Rapid Eye Movement): Brain activity increases (almost like you’re awake). This is when people dream. Temporary paralysis of muscles (called “atonia”) - except for eyes and breathing! This stage of sleep is associated with integrating memory, learning and creativity. Need to be asleep for at least 90 minutes before the 1st REM cycle will occur. Each REM cycle gets longer.

Age group	Age range	Recommended hours of sleep
Infant	4-12 months	12-16 hours (including naps)
Toddler	1-2 years	11-14 hours (including naps)
Preschool	3-5 years	10-13 hours (including naps)
School-age	6-12 years	9-12 hours
Teen	13-18 years	8-10 hours
Adult	18 years and older	7 hours or more

4 STEPS TO GETTING THE SLEEP YOU NEED

1

Daily Wellness

Exposure to Daylight: Spend at least 30 minutes in natural light early in the day to regulate circadian rhythm.

Consistent Sleep Schedule: Go to bed and wake up at the same times every day for improved sleep quality.

Limit Afternoon Naps: Keep naps to 20 minutes in the early afternoon to avoid interference with nighttime sleep.

Nutrient-Rich Diet: Include fruits, vegetables, and whole grains in your diet for better sleep health.

Mind-Calming Techniques: Practice deep breathing and visualization to manage stress and enhance resilience.

2

Sleep Routine

Adequate Sleep Duration: Aim for at least seven hours of sleep each night for overall health and well-being.

Consistent Pre-Bed Routine: Establish a nightly routine to signal your body that it's time to sleep.

Stress Reduction: Engage in calming activities like deep breathing, stretching, or reading before bedtime.

Bedroom Exclusivity: Use your bed only for sleep and sex to strengthen the association between bed and sleep.

Get Up if Unable to Sleep: If you can't sleep after 20 minutes, engage in a calming activity and return to bed when sleepy.

Silence Electronics: Set your phone to silent to avoid disruptive notifications during the night.

Avoid Checking the Time: Watching the clock can increase anxiety, so keep timepieces out of immediate reach.

4 STEPS TO GETTING THE SLEEP YOU NEED

3

Sleep Environment

Noise Reduction: Minimize or block out noise using earplugs or white noise machines.

Dark Bedroom: Create a dark sleep environment using blackout curtains or a sleep mask.

Optimal Temperature: Set your bedroom temperature between 65 and 68 degrees Fahrenheit for better sleep.

Comfortable Mattress and Pillow: Invest in a supportive mattress and a comfortable pillow that suits your needs.

Aromatherapy: Experiment with calming scents like lavender to promote relaxation in the bedroom.

Ventilation: Improve indoor air quality by ensuring proper bedroom ventilation.

4

Alcohol and Caffeine Use

Limit Caffeine After 2 p.m.: Avoid consuming caffeine after 2 p.m. to prevent interference with bedtime.

Consult with Doctor: Talk to your doctor if you heavily rely on caffeine, as it might indicate underlying sleep issues.

Watch for Hidden Caffeine: Be mindful of hidden sources of caffeine in teas, soft drinks, and chocolate.

Limit Alcohol Late at Night: Reduce alcohol intake before bedtime to prevent sleep disruption.

Gradual Nicotine Reduction: Cut down on nicotine intake before bedtime, as nicotine is a stimulant affecting sleep. Consider seeking professional guidance for quitting smoking.