BEACON
Chapter 7 Nurture

Lesson 4 Sleep



Thrive Ability



Struggle & sleep go hand in hand

When we struggle, we don't sleep, when we don't sleep we struggle

Why is sleep so critical?

Studies suggest:

- Losing 90 minutes of sleep reduces daytime alertness by nearly onethird.
- Four hours of sleep loss produces as much impairment as a sixpack of beer.
- If you do not get enough, it can lead to a cascade of negative events. You achieve less at work, skip exercise, have poorer interactions with your loved ones.



How much sleep do we need?

- 95 per cent of us need somewhere between 7 & 9 hours of sleep per night
- The average Australian gets around 7 hours. 75% of those who sleep less than 5.5 hours say it affects them throughout the day.



RESTORATIVE EFFECT OF SLEEP



AMY...

"Finally getting my sleep study done! Not sure how much sleep anyone would get covered in all this"



Can you improve your sleep hygiene?

- Create a sleep window, the time at which you plan to go to bed and get up each morning
 - · Limit caffeine and alcohol
 - Clear electronic gadgets from your bedroom
 - Ensure it is cool, dark and quiet in your room
- **Don't nap late or long** make sure you do so no later than 2pm and for no longer than 20 minutes.
- No cardio later than 6pm
- Let the light in go for an early-morning walk or run. Half an hour of outdoor light every morning will help reset your internal clock.

"Good sleep starts the moment you wake up"

Duncan Young, Lendlease



Eat well to sleep well

- Experiment with extending your overnight fast to 12 and then to 14 hours.
- Eat the Mediterranean diet as discussed in lesson 1

Mosley, Michael. Fast Asleep





- Unlike sleeping pills, melatonin seems to improve sleep quality without causing addiction.
- Breathing exercises are an excellent way of slowing your heart and distracting your thoughts.

Could sleep restriction help you?

If you have insomnia you might wish to try Sleep Restriction Therapy

- Reducing the amount of time you spend in bed to ensure that when you do go to bed at night you are really tired
- You should fall asleep quickly, stay in deep sleep for longer and wake up less frequently during the night.
- Sleep restriction will break down the associations in your brain between 'bed' and 'bad sleep'. Think of it as a way of getting rid of a bad habit that you have fallen into.

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CHOOSE SLEEP - Prioritize eight hours of sleep shead of all else. You'll be more likely to have a good workout, get more done, and treat your loved once better. Remember, every extra hour of sleep is a positive investment not an expense. TRACK YOUR PROGRESS As you make adjustments
for better sleep, measure
your progress. Note the time
you get into bed and the
time you wake up. Then rate
your sleep quality on a 1-10
scale. Also record what kind
of day you had.

IF SLEEP EVADES YOU GET UP Sleep deprivation therapy -

If you wake in the night and find it hard to get back to sleep, get out of bed and do not return until you feel sleepy.



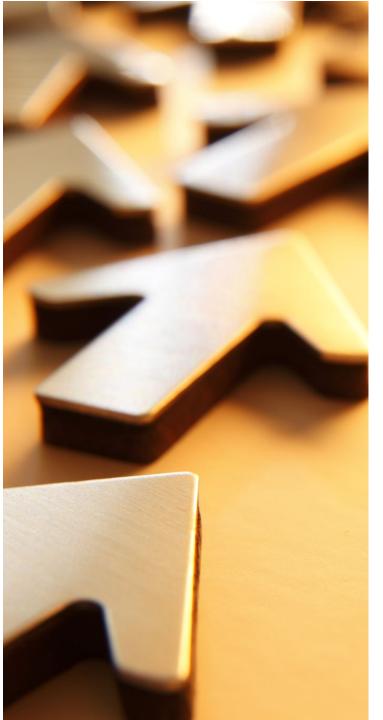
GRADUALLY INCRESE YOUR SLEEP

Add sleep to your nightly schedule in 15-minute increments. Continue until you feel fully rested each morning. Aim for 8 hours.

CREATE GOOD SLEEP
HYGIENCE - Create a
routine so you don't eat,
drink, or use electronics in
the hour before you go to
bed. Create a sleep
window, the time at which
you plan to go to bed and
get up each morning. Limit
caffeine and alcohol.

Top tips for sleeping well to stay fully charged

(Tom Rath)



Key points Lesson 3 Sleep well

- Create a sleep window, the time at which you plan to go to bed and get up each morning
- Improve your sleep hygiene by fostering good bedtime habits,
 - · Limit caffeine and alcohol
 - Clear electronic gadgets from your bedroom
 - Ensure it is cool, dark and quiet in your room
- Unlike sleeping pills, **melatonin** seems to improve sleep quality without causing addiction.
- **Breathing exercises** are an excellent way of slowing your heart and distracting your thoughts.
- Sleep deprivation If you wake in the night and find it hard to get back to sleep, get out of bed and do not return until you feel sleepy.
- Go for an **early-morning walk or run**. Half an hour of outdoor light every morning will help **reset your internal clock**.
- If you want to take a nap, make sure you do so no later than 2pm and for no longer than 20 minutes.
- Eat a Mediterranean diet

What will you do?

Getting a good night's sleep is crucial for mental and physical well-being.

Many of us are so used to being chronically tired that we've forgotten what it feels like to be fully rested.

What are you prepared to do to get up feeling refreshed in the morning?

Mosley, Michael.

