

GUIDE

TO

AMAZING

CONGRATULATIONS on consulting this guide! By focusing on your sleep, you've taken an important step in caring for your health and well-being! Your sleep impacts 100% of your life!! So how much and how well do you sleep?

RESEARCHERS believe that all adults need a minimum of **seven hours of sleep** per night to avoid negative health consequences. That means you should spend about one-third of your life sleeping.



HOWEVER, the quality of that sleep dramatically impacts the other two-thirds of your life in astonishing ways! We all know that good sleep gives us more energy, but new research shows that alarmingly bad things happen (to both our brains and our bodies) when we don't get enough hours of high-quality sleep.

CONSIDER *these facts* FROM LEADING SLEEP RESEARCHERS (SOURCES BELOW):

Z^s *The shorter you sleep* the shorter your life. Studies across millions of people demonstrate one clear fact: lack of sleep is a major predictor of "all-cause mortality," including cancer, Alzheimer's disease, heart disease, stroke, diabetes, depression, and suicide.

Z^s *You need sleep* before and after learning in order to make that learning permanent. You need to sleep in order to hit the "save" button on what you learn during the day. Sleep provides a three-times advantage to problem solving compared to an equivalent period while awake.

Z^s *Sleep reboots your body*. Deep Sleep is one of the best blood pressure treatments. It also regulates insulin levels and blood glucose levels. Quality sleep provides every single system in the body with improved functionality.

Z^s *Your cancer risk* goes up when you undersleep. Just one four-hour night of sleep will decrease your body's natural killer cells by 70%. Those cells are your defense against cancer!

Z^s *You need to sleep to regulate* your mood, reduce anxiety, and avoid depression. Insufficient sleep is linked with aggression, bullying, suicidal thoughts, and relapse in addiction disorders. Sleep shortages impair communication from the cortex to the amygdala, causing you to be more reactive. Additionally, dreaming is a soothing balm for our mental health, while deep sleep helps us remove the emotional charge from negative experiences.

Z^s *Sleep is the best legal* performance-enhancing drug. In athletes, sleep reduces inflammation and the risk of injury while improving stamina, oxygen utilization, and peak muscle function.

Z^s *Lack of sleep impairs* your immune system. Sleeping five hours per night makes you 200-300% more likely to catch a cold than someone who sleeps eight hours per night.

Z^s *You need deep sleep* to flush dangerous toxins from your brain and to stave off Alzheimer's disease. Your body's glymphatic system, which acts like a sewage system for your brain, cleans out toxins during sleep. The less sleep you get, the less toxins are cleared from your body, increasing your probability of developing Alzheimer's disease.



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Z^z *Lack of sleep* can be as dangerous as drunk driving. After being awake for 19 hours, you're as cognitively impaired as someone who is drunk. Avoid getting behind the wheel when you have not had adequate sleep. Our ability to recognize that we are tired disappears after just three nights without adequate sleep. So while you may not "feel" tired, you are operating in an "impaired" state.

Z^z *you need sleep to maintain* lean body mass, burn fat, and control appetite. Appetite, weight, and food consumption are regulated by sleep. People who undersleep eat an average of 300-550 more calories per day than those who get a sufficient amount of sleep. In those who are dieting, impaired sleep also causes the body to shed lean body mass rather than fat.

Please Note: excessive snoring may be a symptom of a serious health issue requiring medical attention from your healthcare provider.

Feeling motivated to get a good night's sleep and all of the health-promoting benefits that come from it?

Read on to learn how to get more hours of *Amazing* sleep!

Recommended for Further Learning:

- ★ YouTube Interview: The New Science of Sleep and Dreams | Professor Matthew Walker (approximate time investment: 68 min.)
- ★ Podcast Episode: Plant Strong Podcast 3: Who Needs Sleep (approximate time investment: 31 min.)
- ★ Book: The Alzheimer's Solution: A Breakthrough Program to Prevent and Reverse the Symptoms of Cognitive Decline at Every Age (approximate time investment: 6 hrs.)



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Rise & Shine What you do from the moment you wake up immediately influences how you will sleep tonight!

WAKE UP *at the same time Every DAY, even on weekends.*

Waking up at the same time each day helps your body establish a rhythm. If you sleep in on weekends, you are essentially becoming “jet lagged” as if you changed time zones every week. Unfortunately, sleeping late on weekends doesn’t make up for poor sleep during the week.

GET *a few minutes of SUNLIGHT* right away

If you have trouble falling asleep at night, getting sunlight first thing in the morning can help reset your circadian rhythm. Your circadian rhythm is the 24-hour cycle that tells your body when to sleep, rise, and eat. Morning light also triggers chemical responses in your body. Melatonin levels are low, body temperature begins to rise, and an increase in cortisol will help you feel alert. Sit by a window, take a short stroll, or do your daily exercise outdoors soon after waking up. Then get doses of natural light throughout the day.

FINISH *consuming CAFFEINE* early in the day *OR* eliminate it altogether.

We all love our coffee, but one-fourth of the caffeine you consume is still in your system 12 hours later. So if you have a cup of coffee at 11 a.m., that’s equivalent to drinking one-fourth of a cup of coffee at 11 p.m. And even more surprising, regardless of whether caffeine prevents you from falling asleep at night, it still disrupts your REM sleep, which is crucial for your emotional well-being. Disturbed REM can worsen anxiety and make falling asleep the next night that much more difficult! TIP: Decaffeinated coffee is a great alternative to caffeinated beverages, but be sure to research the brand you drink. They vary widely regarding how much caffeine they actually contain.



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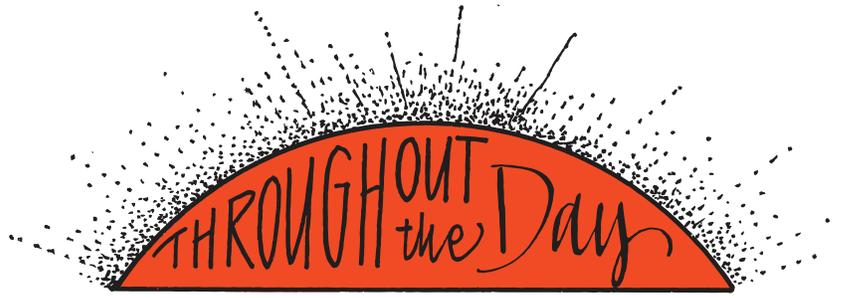
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Move YOUR BODY

People who exercise regularly sleep better at night, and the more vigorous the exercise, the greater the benefit. Exercise can tire you, relieve stress, and if done outside, provide you with valuable daylight exposure.



PRACTICE *stress reduction*

Anxiety makes falling asleep difficult. Practice mindfulness, journaling, and other stress-reducing habits. Be aware of what you feed into your mind. Consuming disturbing media can raise your overall level of anxiety.

IF You have TROUBLE with insomnia, AVOID NAPS.

Napping can reset the sleepiness chemicals that build up in your brain throughout the day. If you struggle to fall asleep at night, do not take naps so you will be more ready to sleep at bedtime.



AVOID high-intensity exercise late in the day.

Most people should avoid high-intensity exercise in the evening because it raises your body's cortisol levels which causes wakefulness. It also raises your core temperature for up to five hours. Your body uses a drop in temperature as one of its cues to become sleepy.



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DON'T eat too close to bedtime

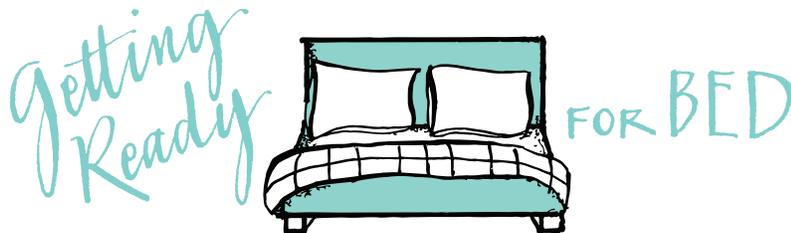
Keep food and liquid intake light later in the evening. Too many fluids late at night can cause you to wake during the night, interrupting your sleep cycles. Also limit refined foods and large meals because they can trigger wakefulness.

ABSTAIN from Alcohol within a few hours of bedtime

People often use alcohol to help them fall asleep without realizing how disruptive it is to natural sleep cycles. Alcohol can allow you to fall asleep faster so you feel like you're sleeping well, but it fragments your sleep by causing you to wake throughout the night, leading to poor quality sleep. The second problem with alcohol is that it blocks your critically-important Deep Sleep.

DO NOT use Marijuana as a sleep aid

Similar to alcohol, marijuana is used by many people as a sleep aid. And similar to alcohol, marijuana use can interfere with quality sleep. It disturbs REM sleep, which in turn contributes to anxiety.



LIMIT exposure to LIGHT

Limit your exposure to light before bed. Darkness allows levels of the sleep hormone melatonin to rise. An hour before bed, dim or turn off most of the lights in your house. TIP: If you use electronics just before bed, engage the night mode to limit blue light, which can suppress the production of melatonin. Since televisions don't have such a feature, try blue light-blocking glasses.

MAKE TIME for a soothing bedtime routine.

It's important to have time to unwind before bed. A routine can signal your body that sleep is coming. Establish your own special bedtime ritual and schedule time for it. Ideas include: taking a warm bath, listening to soothing music, doing gentle stretching, or journaling.



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TAKE a warm bath.

In addition to being relaxing, a warm bath helps the blood vessels open up on the surface of your skin, dissipating heat from your core. This works in rhythm with your body which has to drop its core temperature by two to three degrees Fahrenheit to fall and stay asleep.

AVOID stimulating activities.

Save high-adrenaline entertainment and stimulating brain work for earlier in the day to allow your mind to become quiet and calm before bed.

COUNT your Blessings

Practicing gratitude before bed can be a calming way to ease your mind before falling asleep.



STAY CONSISTENT with your bedtime.

Consistency is crucial to establish a healthy sleep pattern. Aim to go to bed at the same time each night. University of California, Berkeley sleep researcher Matthew Walker says 100% of the population needs at least seven hours of sleep or we will suffer adverse health consequences. Spending eight hours in bed allows time for a full seven hours of sleep. If necessary, set an alarm for bedtime.

KEEP your ROOM very cold, quiet AND dark

Set your bedroom thermostat between 63 and 66°F. Limit noise and distractions from devices like mobile phones and computers, and be aware of the light they emit. Use blackout curtains to create a dark environment.



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SAVE the bedroom for SLEEP and INTIMACY (avoid doing work in bed)

Working in bed before falling asleep keeps your mind active and creates an association between your bedroom and work. Limit your bedroom use to sleep and intimacy, doing work in other areas of your house.



IF you have TROUBLE sleeping without noise, TRY PLAYING a relaxing audio book with a timer.

Avoid watching television when trying to fall asleep since the light can be disruptive. Instead, try listening to a calm audiobook, music, or white noise on your device with a sleep timer set.

TALK to your doctor about discontinuing sleeping pills.

Sleeping pills do not allow for natural sleep and its benefits. They provide sedation, not sleep. They can also lead to a higher risk of cancer, infection, and even death. Consider Cognitive Behavioral Therapy for Insomnia (CBTI) instead. It is just as effective as sleeping pills in the short term, and much more effective in the long term.



LEAVE your bedroom IF YOU cannot sleep.

If you have trouble falling asleep, or cannot fall back asleep after waking up during the night, get up and go into another room. Engage in a calm activity like folding laundry or practicing mindfulness. Wait until you feel tired again before returning to bed. This will teach your body that when you are in bed you should be sleeping.

SLEEP ALONE if it limits disturbances.

If sleeping next to your partner disrupts your rest, consider sleeping separately. Studies show getting good sleep actually boosts intimacy despite the stigma of sleeping in separate rooms.

Remember, great sleep is imperative for your health!



HappinessAdventure.com

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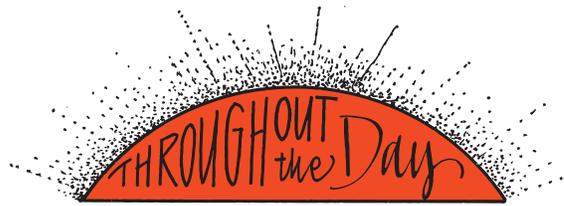
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Sleep



Wake up at the same time every day, even on weekends
Get a few minutes of outdoor, natural light right away
Finish consuming caffeine early in the day, or eliminate it altogether



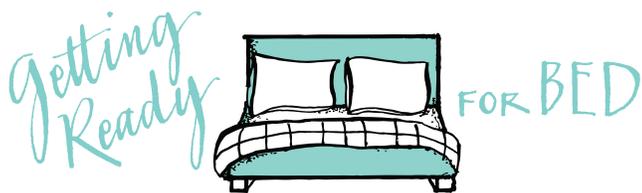
Move your body
Practice stress reduction
Avoid naps if you have trouble with insomnia



Avoid high-intensity exercise late in the day
Don't eat too close to bedtime
Abstain from alcohol within a few hours of bedtime
Do not use marijuana as a sleep aid



Stay consistent with your bedtime
Keep your room very cold, quiet, and dark
Save the bedroom for sleep and intimacy (avoid doing work in your bed)
If you have trouble sleeping without noise, try playing a relaxing audio book with a timer
Talk to your doctor about discontinuing sleeping pills



Limit exposure to light
Make time for a soothing bedtime routine
Avoid stimulating activities
Count your blessings



Leave your bedroom if you cannot sleep
Sleep alone if it limits disturbances

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JOURNAL

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Hours & Quality of Sleep

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MY Sleep Goal

HOW ARE YOU

Sleeping
&
Feeling?



MONTH _____

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TAKE NOTE of your HABITS