

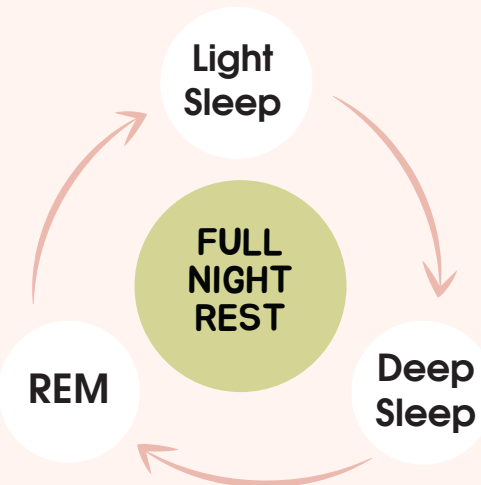
## HEALTHY SLEEP HABITS



### Why is sleep important?

People need between 7-9 hours of sleep everyday. Getting the required amount of sleep helps improve learning, memory and emotional function. It also leads to increased creativity, productivity, concentration and cognitive performance. Lack of sleep can lead to a number of physiological and psychological illness including Cancer, diabetes, heart disease, depression, anxiety and Alzheimer's disease.

### Our Sleep Cycle



### What is REM Sleep?

REM sleep accounts for 25% of the sleep cycle, it is the period of electrical activation in the brain that results in body relaxation, provides energy to the body and brain for recovery and assists with improving mental and cognitive performance



### Exercise & Sleep

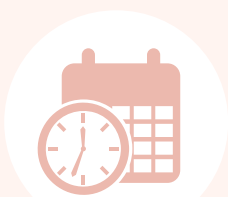
150 mins of moderate activity a week leads to 65% improvement in sleep quality. Exercise also decreases time to fall asleep as well as increasing time in deep and REM sleep



### Brain Chemistry & Sleep

The brain cleaning system (glymphatic system) is 10 times more active during sleep. This washes away the days build up toxic proteins that are associated with degenerative neurological diseases

### Develop Healthy Bedtime Habits



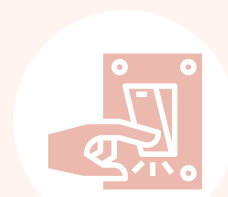
Regular  
Bedtime



Bed = Sleep



Warm  
Shower



Turn off  
the lights



Limit  
Caffeine



Meditation &  
Mindfulness



Limit Alcohol  
before bed



Limit Screen  
time