

Self-Care

Starts with

Better Sleep



One of the best ways to reset yourself is with a great night's sleep! This can be tough to achieve, so it helps to understand how sleep stages work.

Sleep Stages Fall Into Three Categories:



Deep Sleep
10-25%
of sleep

Builds and repairs your body.



REM Sleep
20-25%
of sleep

Regulates memory and emotion.



Light Sleep
Most of your
sleep cycle

Light sleep fills in the gaps between deep sleep and REM.

Each Stage Affects You in Different Ways:



Feeling Groggy?

You may have spent too little time in REM.



Feeling Irritable?

This can come from too much time in REM.



Feeling Refreshed?

Congrats, you most likely got more deep sleep!

In order to improve your focus and mood, you'll want to improve the quality of your sleep!



Adjust Your Bedtime Routine

- Switch electronics into "night mode" to filter out blue light.
- Aim for a consistent bedtime that gets you at least seven hours of sleep. Night owls can start by rolling bedtime back 15-20 minutes each night.
- Two hours before bedtime, wind down with an activity that relaxes you, like a brief nighttime stroll, an audiobook or a warm shower.
- Keep your bedroom cool (Around 65 degrees is ideal) and dark with light blocking curtains.



Daytime Activities for Better Sleep

- Wake up at the same time each day to reset your body's internal clock.
- Avoid oversleeping, even on the weekends — different schedules create a feeling of jet lag that leaves you more tired.
- Start the day with sunlight and fresh air — a cup of coffee on the porch or a morning walk. Let in as much natural light as possible in your home and workspace.
- Make time for exercise! Doesn't have to be strenuous — just something that gets you moving for at least 15 minutes per day.

SOURCE:
1. HelpGuide, August 2019
2. Healthline, February 2020
3. FitBit Sleep Data, 2017-2018