

# How to SLEEP



“

"Let thy food be thy medicine and thy medicine be thy food."— Hippocrates

## WHY IS IT IMPORTANT?

- ✓ Supports overall health
- ✓ Boosts energy levels
- ✓ Enhances mental health
- ✓ Promotes healthy weight
- ✓ Strengthens Immune system
- ✓ Improves digestion
- ✓ Supports longevity
- ✓ Improves quality of life

## 01 When to Sleep



### Sleep 7-8 hours a day

Remember, time in bed is not the same as time asleep.



### Power Nap

But at least 4 hours before bedtime and no more than 20 minutes, as it can lead to inertia causing grogginess and impaired performance.



## Be consistent

Aim for a consistent schedule, by going to bed and waking up at the same time, **Even on weekends!** It will help to regulate your bodies internal clock, improving overall sleep quality and health.

**FACT**

*People with regular and consistent sleep schedules are about 1.5 times more likely to report feeling well-rested.*

## What (not) to do before sleep 02



### Limit Screen time

Minimize exposure to electronic devices emitting blue light **at least an hour before bedtime**, as it can interfere with melatonin production. Melatonin is responsible for regulating your sleep/wake cycles.

**FACT**

*Regular and consistent sleep schedules are about 1.5 times more likely to report feeling well-rested*



### Avoid Caffeine

**at least 4 to 6 hours before bedtime**, because it can disrupt your sleep by blocking adenosine, a chemical that promotes sleepiness.



### Avoid Large meals

**At least 2-3 hours before bedtime** to allow for proper digestion.



### Limit Alcohol

as it disrupts REM sleep, and negatively impacts overall sleep quality.



### Limit Water intake

as excessive water intake too close to bedtime may lead to disruptive trips to the bathroom.



### Dim The Lights

Dim the lights **at least 1-2 hours before bedtime**. Darkness signals the body to produce sleep-regulating melatonin, so creating a dark sleep environment optimizes the natural processes that induce sleep.

**TIP**

*Wear special glasses that further block blue light to enhance melatonin production and improve sleep quality.*

## 03 How to optimise your **sleep environment**



### Make it **Dark**

As it **supports melatonin production** and maintains the natural sleep-wake cycle.



### Make it **Cool**

As it can **improve sleep quality** by aiding body temperature regulation, promoting deeper sleep and enhancing melatonin production.



### Make it **Quiet**

To **prevent sleep disruptions**, ensuring deeper and more restorative sleep.

#### TIP



*Don't have a TV/Screen in your bedroom*

## What to do if you **can't fall back asleep** 04



### Does

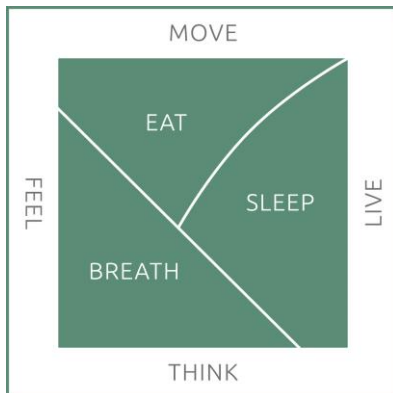
- ☑ Practise **mindfulness or breathing exercises** to calm mind and body
- ☑ Go for a **mental walk** to clear your mind
- ☑ Move to **another room** + engage into a non-stimulating activity until you feel sleepy



### Don'ts

- ☑ Don't **turn on the lights** to avoid disrupting your circadian rhythm
- ☑ Don't **use any electronic devices** as it can interfere with melatonin production
- ☑ Don't **check your watch** as it can increase anxiety about time passing
- ☑ Don't **consume any stimulants** like nicotine, caffeine, sugar

## 05 What else helps?



It's all

### Interconnected

To maximize your sleep performance, you need to address all seven key health pillars. Just as a balanced ecosystem relies on all its elements to thrive, our vitality is nurtured by attending to each of these components.

Go to

[iki-health.com/explains](https://iki-health.com/explains)

to find out how to address the other 6 health pillars