GOAL – Sufficient Quality Sleep on a Regular Schedule

QUANTITY: 7-8 hours for most (+ buffer time for time to fall asleep/ wake-ups)
QUALITY: Minimal disruptions during the night
ROUTINE: Same bedtime/waketime most of the time (7 days a week; +/- 30 minutes)
TIMING: Consistent, aligned with natural, individual Circadian Rhythm.

BENEFITS

- *Energy renewal* - rest, repair, recycling; mitochondria renewal
- *Mind-state renewal* - influence perceptions, impulse control, patience, mood
- *Emotional therapy* - work through difficult experiences, restores equanimity
- *Memory* - create space for new memory capture; organize, link, solidify
- *Brain Cleansing* - flush metabolic waste from our brains (ex. Amyloid plaques)
- *Immune system restoration, protection* - infection, cancers, chronic conditions
- *Blood Sugar and Blood Pressure control*
- ***BONUS: Everything you aspire to do when awake becomes more doable***

Increased Risks with Poor Sleep (examples)

- *Hormone signals to brain* - ↑ to eat & avoid movement; ↓ fullness signals
- *Impulse control mechanism breakdown* - ↑ impatience, ↓ self-regulation
- *Reduced capacity for empathy*
- *Loss of therapeutic dream state sleep* - ↓ emotional balance, ↑ depression
- *Loss of accurate social cue perceptions* - ↑ perceptions of threat
- Loss of time for memory processing, brain detox, energy renewal

Risk Outcome Examples

- Alzheimer's Disease
- Heart Attack & Stroke
- Type 2 Diabetes
- Brain & Body
- Cancer & Infection
- ↓ Energy, Memory, Focus
- Inflammation /Inflammaging
- Depression & Anxiety

TIMING MATTERS - Important Functions Change Throughout the Night

DEEP SLEEP (First few hours)	REM Sleep (Last few hours)
Memory Transfer -Frees space to capture new memories next day	Memory consolidation & connections → learning →creativity, problem solving
Rest, Repair, Restore (Energy renewal)	Therapy, mood regulation
Brain cleansing of day's metabolic waste	

Go to bed late? Processes bypassed **Get up super early? Processes cut short**

TO DO - Behavior Basics For Good Sleep

Same bedtime/waketime most days. Include weekends

Cool, dark 'sleep cave" → ~18c/64f. Black out blinds, eye masks, cover e-lights

AM Light Exposure → set internal clocks for next 24 hours including melatonin release timer

AM bright light (within 1 hour waking or as sun rising)

10 minutes sunny morning (averages 100k lux)

15-30 minutes if cloudy (average ~10k lux);

If indoors: Max out bright lights; 10k lux SAD light at breakfast table or desk

Start overnight fast 2 hours before bed-time → body cools down & digests food → enough quality deep sleep time for rest, repair, restore & brain detox processes

Wind-down routine~1 hour before sleep

Light Management - Switch to warm light - Red (best) or amber; candles good (used safely); Table height or lower best

Bright lights → wake-up signals to the brain; overhead light angles similar effect

Activities that calm the mind and body - journalling, music, stretching, meditation, screen time OK if relaxing (not too engaging)

Warm bath or shower → draws heat out from the core → quality sleep

TO AVOID - Kryptonite for Quality Sleep

Cut-off Time Guide (Hours to avoid before bedtime)

2+ Hours - No Food (or drinks with sugar, cream … any substance body must digest)

2-4 hours needed to digest food → pre-empts all other processes (time lost for sleep renewal)

1.5 hours - No Stimulating Exercise

Want low heart rate and low core body temperature → aids falling asleep and sleep quality. (Consensual sex OK! Not a saboteur)

8 to 12 hours - No Caffeine

Metabolize and clear from the body → enable fall asleep and stay asleep;

Varies by person/age; may fall asleep fine & not realize waking up in the night.

4 to 8 hours - No Alcohol

Goal: Metabolize and clear out as much as possible → stay asleep, protect electrical quality for deep sleep processes, protect REM sleep processes