



SLEEP NOTES

Our Superpower.

The foundation for making everything more doable.

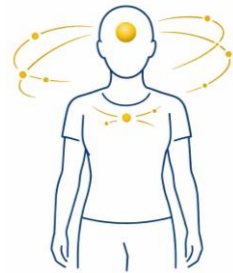
Goal: Sufficient Quality Sleep

Quantity: 7-8 hours for most

Quality: Minimal disruptions during the night, deep sleep depth

Routine: Same bedtime/Waketime most days (+/- 30 minutes)

Timing: Consistent, Aligned with your Circadian Rhythm



Sleep' Superpowers (High value examples)

- ✓ **Energy renewal** - cellular rest, repair, recycle, regenerate
- ✓ **Mind-state renewal** - perceptions, impulse control, mood
- ✓ **Emotional therapy** - processes stresses, difficulties of the day
- ✓ **Memory enabler** - stores, connects, clears space for new memories
- ✓ **Brain Cleansing** - flushes metabolic waste (dementia risks)
- ✓ **Immune system tuning** - fight infection, chronic conditions, injury
- ✓ **Blood Sugar and Blood Pressure control**

★ *BONUS: all other aspirations becomes more doable*

HOW POOR SLEEP CAN HIJACK THE BRAIN



- ↑ Cravings ↓ Fullness ↓ Movement (*Hormone signals*)
- ↓ Impulse control ↓ Patience ↓ Self-regulation
- ↓ Mood ↓ Calm ↓ Empathy
- ↓ Social Cue Perception → ↑ Perceptions of Threat
- ↓ Memory processing ↓ brain detox ↓ energy renewal

RISK OUTCOME PROBABILITIES WITH POOR SLEEP



- ↑ Alzheimer's Disease ↑ Heart Attack & Stroke ↑ Type 2 Diabetes
- ↑ Brain & Body Inflammation ↑ Cancer ↑ Infection
- ↑ Depression ↑ Anxiety



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TIMING MATTERS. SLEEP HAS A SCHEDULE TO KEEP

*Go to bed later than usual?
Deep Sleep Processes bypassed*

DEEP SLEEP (FIRST FEW HOURS)

Memory Transfer

Frees up space to capture
new memories next day

*Get up earlier than usual?
REM Sleep Processes bypassed*

REM SLEEP (LAST FEW HOURS)

Memory Consolidation, Connections

Learning → Creativity →
Problem Solving

Rest, Repair, Restore

Energy Renewal For Brain & Body

Therapy – Processes the Days Events

Better Mood, Patience, Self-regulation

Brain Cleansing - Cognition Protective

Flushes metabolic waste like
Amyloid Plaques & Tau Proteins

TIPS

Sleep Kryptonite (Cut-off Time Ranges)

2-3 Hours: Food before bedtime

1.5 Hours: Stimulating (Heart Rate elevating) exercise before bedtime

8-12 Hours: Caffeine (metabolizing capabilities vary by person, change over time)

Circadian Rhythm

Align with your personal circadian rhythm to optimize your sleep.
Perfection not required but the closer the better.



Explore more links to expert resource details at
AgeSmartLiving.cozm/playbooks/Sleep