

GOAL - Regular good sleep

QUANTITY: 7-8 hours sleep (up to 9 for some, a little less for some)
QUALITY: Minimal wakeups (some short wakeups normal over time)
ROUTINE: Same bedtime/waketime most of the time, including weekends
TIMING: Aligned with individual natural Circadian Rhythm.

Benefits

- *Energy renewal* - rest, repair, restore; mitochondria renewal & genesis
- *Mind-state renewal* - impulse control, patience
- *Emotional therapy* - process difficult experiences, restoring calm and emotional balance
- *Memory* - transfer for long term recall, solidify, connect with other memories for learning; free up space to capture new memories.
- *Brain Cleansing* - flush metabolic waste (example: Amyloid plaques)
- Reduced Inflammation - body and brain
- *Immune system restoration* - protection for infection, cancers, and chronic conditions
- 🧠 BONUS: Everything you aspire to do when awake becomes more doable 🧠

Increased Risks With Poor Sleep - Process Disregulation 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 regulation, ↑ depression, anxiety
- *Loss of accurate social cue perceptions* - ↑ perceptions of threat
- *Loss of time for memory processing, brain detox, energy renewal*

Increased Risk Condition Implications - Outcome Examples

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

TIMING MATTERS - Important Functions

Deep Sleep (First few hours)

Memory Transfer, frees space for new memories
 Rest, Repair, Restore
 Brain cleansing of metabolic waste

REM Sleep (last few hours)

Memory - solidify, connect → learning
 creativity, problem solving
 Overnight Therapy, mood regulation

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 electronic 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 or try 10k lux SAD light at kitchen counter or desk

Avoid eating 2 hours before bed-time → time to digest food & allow core body temp to drop

→ enable enough quality deep sleep time for rest, repair, restore & brain detox processes

Wind-down route ~1 hour before sleep

- Switch to low warm light
 - Red or amber ideal; candles good (used safely); Table height or lower best
 - Prevents bright-light, overhead light wake-up signals to the brain
- Activities that calm the mind and body - journalling, reading, 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 time scheduled for rest, repair, and 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 → to 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 depth of deep sleep and protect REM sleep disruption.