



SLEEP NOTES

The foundation for everything else.

The superpower that makes everything more doable!



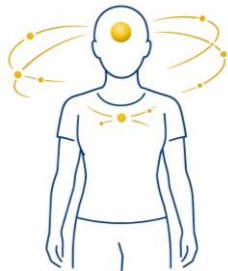
Goal: Sufficient Quality Sleep

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

Hormone signals → ↑ cravings ↓ fullness ↓ movement

Impulse control loss → ↑ impatience ↓ self-regulation

Loss Nightly Therapy → ↓ empathy ↓ calm ↑ depression ↑ Anxiety

Loss Accurate social cue perception → ↑ perceptions of threat

Lost Deep Sleep → ↓ memory processing ↓ brain detox ↓ energy



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

DEEP SLEEP (FIRST FEW HOURS)

Memory Transfer

Frees space to capture new memories next day

REM SLEEP (LAST FEW HOURS)

Memory Consolidation, Connections

Learning → Creativity → Problem Solving

Rest, Repair, Restore

Energy Renewal For Brain & Body

Therapy - Processing Days Events

Better mood, Patience, Self-regulation

Brain cleansing

Removal metabolic waste like Amyloid Plaques, Tau Proteins

Go to bed later than usual?

Deep Non-Rem Sleep Processes bypassed

Get up earlier than usual?

REM Sleep Processes bypassed

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

Optimize your personal circadian rhythm to extent possible
Reinforce it's ability to support your health through consistent sleep schedule.



Explore more links to expert resource details at

AgeSMARTLiving.com/playbooks/sleep