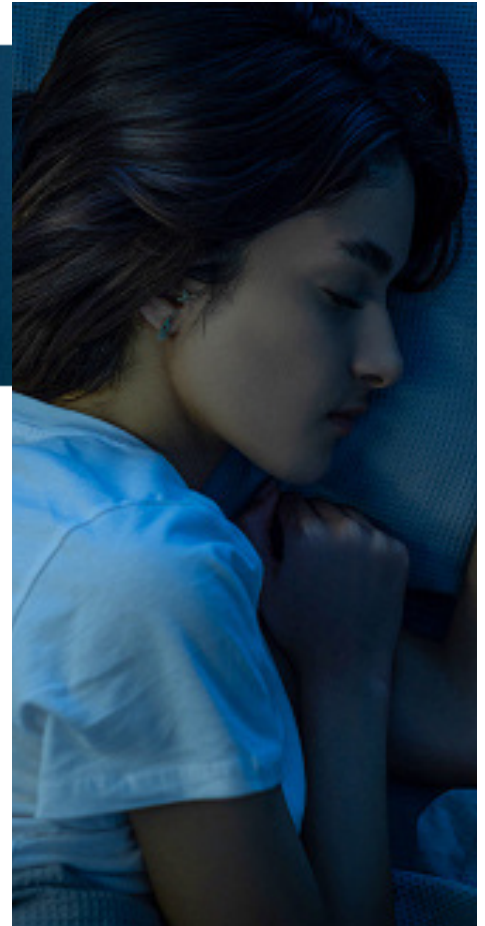




AN ULTIMATE GUIDE TO BETTER SLEEP

More than a third of Americans fall short of the recommended seven to nine hours of sleep needed each night, and insufficient sleep or a lack of deep sleep adversely affects various aspects of health, including blood pressure, heart rate, cognitive functions, hormonal balance, and the body's immune response.

Additionally, enduring health issues such as depression, type 2 diabetes, obesity, and heart disease have also been linked to inadequate sleep.

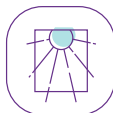


UNDERSTANDING SLEEP AND OPTIMIZING YOUR CIRCADIAN RHYTHM

Humans follow a diurnal sleep pattern; we're meant to be awake during daylight hours and to be asleep at night.

This is regulated by the circadian rhythm, a complex system governing our biological processes, which involves a dynamic interplay of various hormones and external factors.

By understanding and aligning with these factors, you can optimize your circadian rhythm, fostering overall well-being and sleep quality.



light exposure

Choose morning light for a stable sleep-wake cycle.



meal timing

Maintain a regular eating pattern to avoid disrupting your circadian rhythm.



stress hormones

Minimize exposure to stress, as adrenaline can temporarily disturb your circadian rhythm.



regular exercise

Exercise in the morning to positively impact your circadian rhythm.



environment

Avoid prolonged exposure to blue screens before bed to prevent disruptions in your sleep-wake patterns.

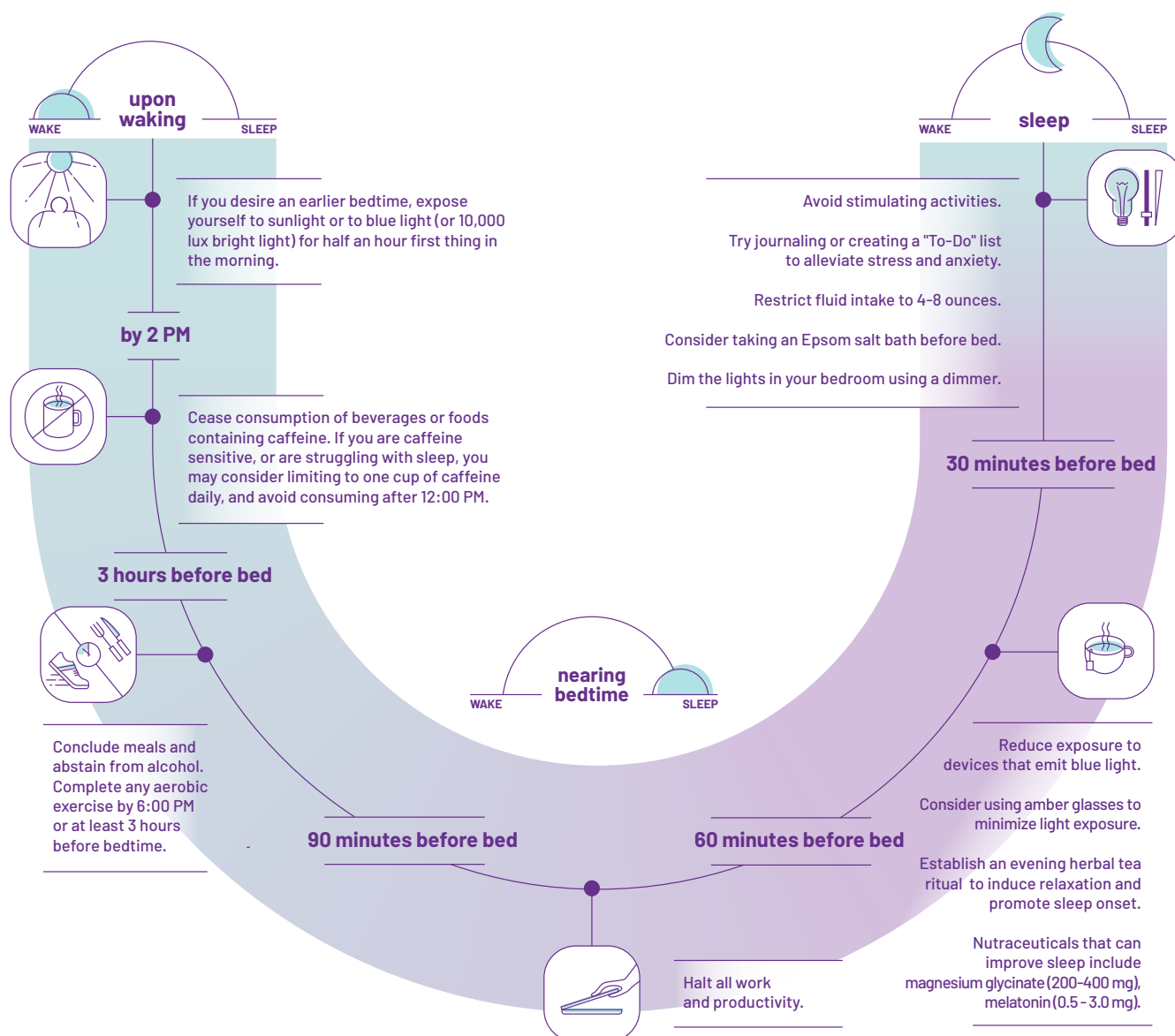
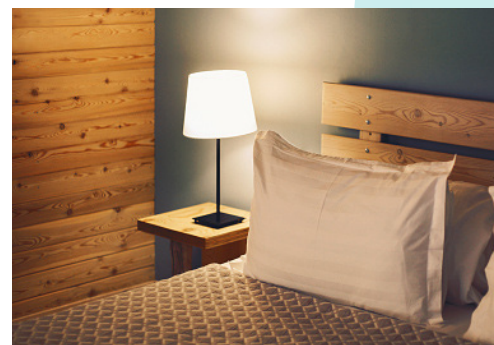
HERE'S HOW:

SLEEP PLAN & TIME TABLE

AN ULTIMATE
GUIDE TO
BETTER SLEEP

A sleep plan and timeline ensure sufficient time for restorative sleep, meeting the recommended 7 to 9 hours nightly. It's important to establish healthy pre-bedtime habits, such as limiting caffeine and screen time, to promote a conducive environment for quality sleep.

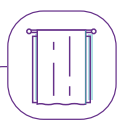
Here's an example sleep plan and timeline you can use as a template to customize to your needs and schedule:



ESTABLISHING THE IDEAL SLEEP ENVIRONMENT

AN ULTIMATE
GUIDE TO
BETTER SLEEP

LIGHT



Dark Window Shades

Invest in blackout curtains or shades that effectively block out external light sources. These can be particularly useful if you live in an area with streetlights or experience early morning sunlight that disrupts your sleep.



Black Covering

For an extra layer of light blocking, you can use a black covering, such as a heavy blanket or cloth, to cover windows or any other sources of light. This can be a temporary solution if you don't want to invest in blackout curtains.



Eye Shades

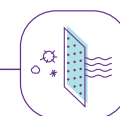
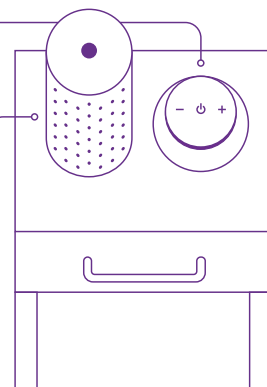
Consider using a sleep mask or eye shades to create complete darkness. These are especially beneficial for individuals who are sensitive to light or those who may be traveling and sleeping in unfamiliar environments.

SOUND



Earplugs

High-quality earplugs can be an effective and affordable solution to block out unwanted noise. They come in various shapes and sizes, allowing you to choose the type that best suits your comfort and noise reduction needs.



HEPA Air Filter

While primarily used for purifying the air, a HEPA air filter can also contribute to creating a quieter sleep environment by reducing background noise. Choose a quiet model to ensure that the air purifier itself doesn't become a source of disturbance.



White Noise Generator

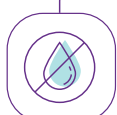
Use a white noise machine or app to create a consistent background noise that helps drown out sudden or intermittent sounds. This can be particularly helpful in urban environments or if you're sensitive to changes in noise levels.

AIR



Temperature Control

Maintain a comfortable sleeping temperature between 62 – 68 degrees Fahrenheit. This range is generally considered optimal for promoting restful sleep.



Humidity Control

Consider using a humidifier or dehumidifier to regulate the humidity levels in your bedroom. Extreme humidity can affect your comfort and quality of sleep, so maintaining a balanced level can be beneficial.

