





Sleep is the foundation to health, happiness, and performance. Most of us do not get enough sleep and/or quality sleep. Getting good sleep is essential to your day-to-day performance, as well as your future physical, mental, spiritual, and social fitness.

FOUR PILLARS OF SLEEP

-  **QUALITY:** How restful and rejuvenating your sleep was.
-  **REGULARITY:** How consistently you go to sleep and wake up at the same time, including weekends.
-  **QUANTITY:** The amount of sleep, 7-9 hours for adults.
-  **CONTINUITY:** The amount and distribution of sleep versus wakefulness in a given sleep period. For example, the number of times you wake up in the night, your ability to remain asleep.

BEDTIME ROUTINES

Cave It. Cool, Dark and Cozy: Lower the temperature of your bedroom (thermostat or fan), make the room as dark as possible (hang an extra blanket over existing curtains or purchase blackout curtains), and make sure your bedding is comfy and clean.

Power Down Electronics: Turn off all screens at least 60 minutes before going to bed and schedule blue light filters to go on when the sun sets. You can manually adjust smartphone modes and settings to help you with this habit. For example, use silence notifications, set “Do Not Disturb” time frames, and use emergency bypass settings for those contacts you want or need to be able to reach you.

EAT AND DRINK FOR GOOD SLEEP

Avoid Depressants and Stimulants: If you consume caffeine, avoid it at least 6 hours before bedtime OR if you consume alcohol, avoid it at least 4 hours before bedtime OR if you consume nicotine, avoid it at least 2 hours before bedtime. **CAN 6-4-2**

Eat Earlier: Eat your evening meal several hours before going to bed. Allow at least 2-3 hours between your last meal and bedtime.

CALM THE MIND

Write it down. Instead of worrying about what needs to get done while lying in bed, write down what your goals are for the next day. By creating the list, you put your mind at ease and the list will be there in the morning.

Breathe deeply: Take some time before bed to do some basic breathing exercises. For example, try the 4-7-8 breathing method. Inhale through the nose for four seconds, hold breath for seven seconds, exhale through the mouth, making a whoosh sound for eight seconds. Repeat three more times for a total of four cycles.

MOVE MORE

Sit Less: Sit less by making a point to get up and take a walk between episodes, every hour while working at a desk or while talking on the phone. Get more steps in.

Try Strength Training: Strength training can be lifting weights, using resistance bands, or doing push-ups, sit-ups, or other body weight exercises.

SLEEP IS FOR THE STRONG