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"Sleep is the best
meditation".

Dalai Lama

“



SLEEP DEBT

**Do you ever feel like your energy tank is running on empty, and you're not sure why?
Welcome to the world of sleep debt.**

UNDERSTANDING SLEEP DEBT:

Sleep debt is the consequence of not getting enough quality sleep over time. Each night you fall short of the recommended 7-9 hours, a little IOU note gets added to your sleep account.

HOW IT ADDS UP:

Skipping an hour here and there might not seem like a big deal, but it adds up faster than you'd think. Before you know it, you're in sleep debt, and your body starts feeling the effects.

THE TOLL ON YOUR BODY:

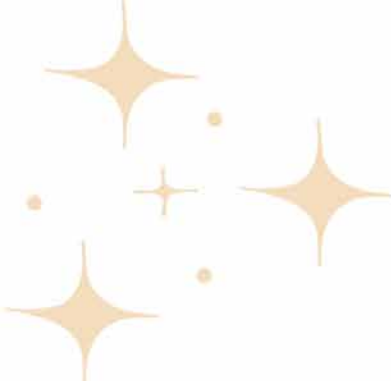
Sleep debt isn't just about feeling tired. It affects your mood, cognitive function, and can even impact your physical health. It causes symptoms like trouble focusing, irritability, and an increased risk of certain health issues.

PAYING BACK THE ZZZS:

The good news is you can pay back that sleep debt. It's not about hitting the snooze button for days on end but gradually making up for lost sleep. Creating a consistent sleep schedule, winding down before bed, and creating a relaxing sleep environment can help.

BREAKING THE CYCLE:

To avoid slipping into the red, prioritize your nightly rest. Think of it as an investment in your overall well-being. Catching up on quality sleep might not happen overnight, but every extra hour adds up, helping you balance the sleep budget.



SYMPTOMS OF SLEEP DEFICIT

MEMORY ISSUES

HEADACHES

**FATIGUE
& A LACK OF
ENERGY**

**DIFFICULTY
CONCENTRATING**

**IMPAIRED
JUDGMENT**

IRRITABILITY

WEIGHT GAIN

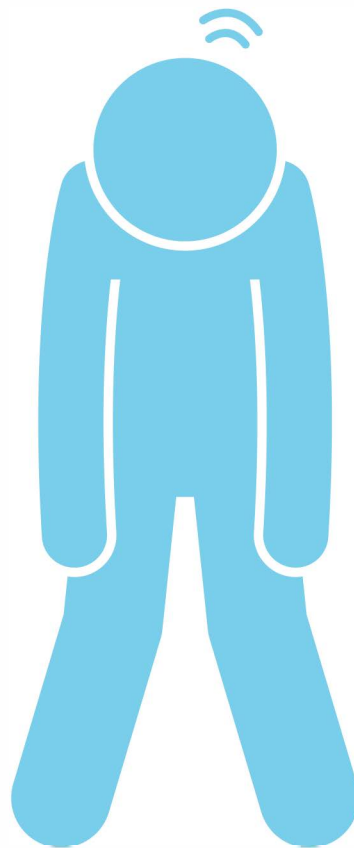
**INCREASED
STRESS**

**MOOD
CHANGES**

**WEAKENED
IMMUNE
SYSTEM**

**IMPAIRED
MOTOR SKILLS**

**DECREASED
FOCUS**



**INCREASED
RISK OF
ACCIDENTS**

HOW MUCH SLEEP DO YOU NEED?

These are the recommended hours of sleep needed per night based on your age:

**7-9
HOURS**

ADULTS
18+ years



TEENAGERS
11-17 years

**8.5-9.5
HOURS**

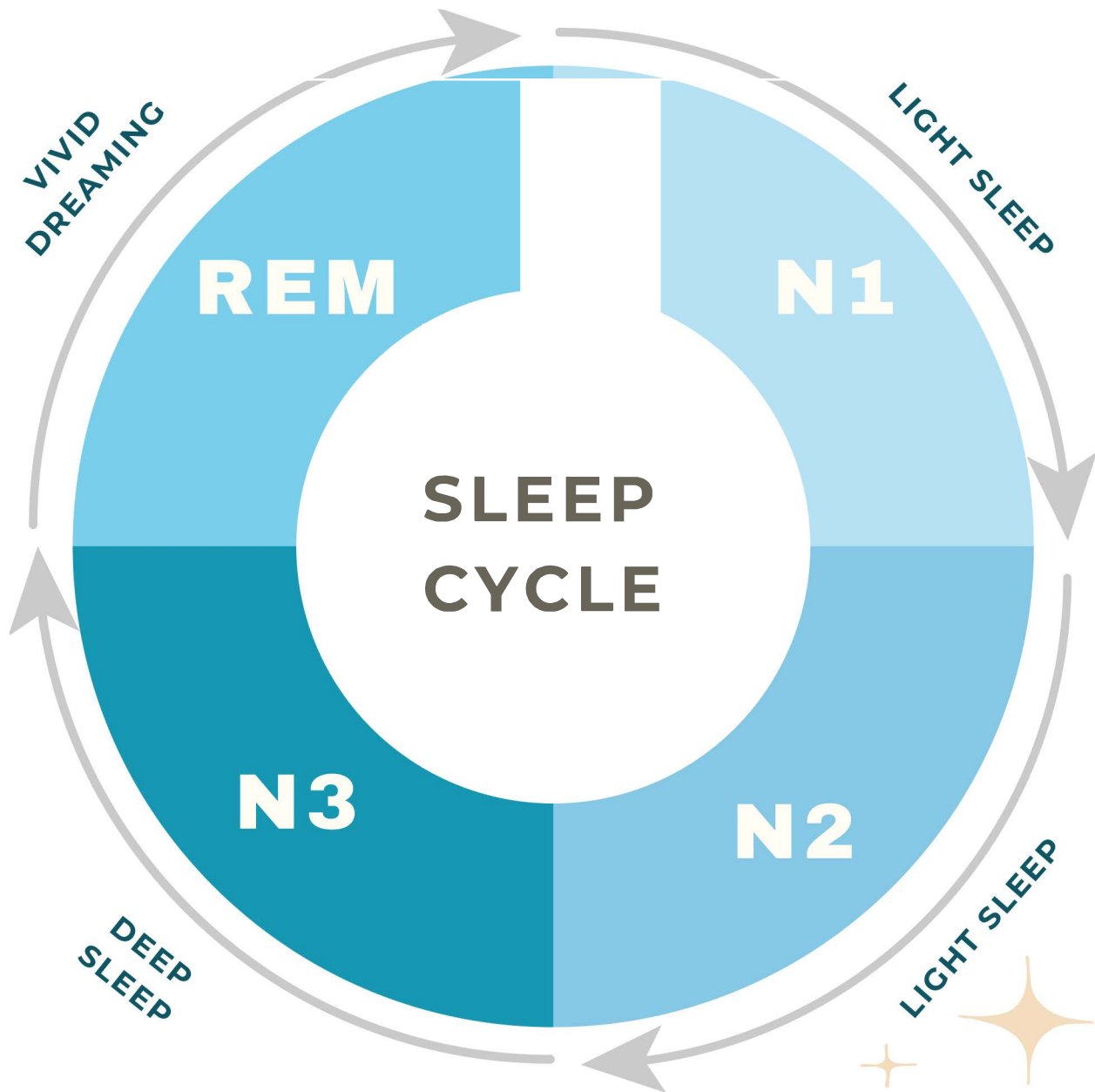
**10-13
HOURS**

CHILDREN
3-10 years



THE SLEEP CYCLE

When you sleep, you cycle through two phases of sleep: rapid eye movement (REM) and non-REM sleep. The cycle starts over every 80 to 100 minutes. Usually there are four to six cycles per night. You may wake up briefly between cycles.



UNDERSTANDING SLEEP CYCLES

Sleep consists of multiple cycles, each with distinct stages, and the body undergoes various physiological changes during these cycles. The two main types of sleep are Non-Rapid Eye Movement (NREM) and Rapid Eye Movement (REM). Here's an overview:

1. NREM SLEEP:

- Stage 1 (N1): This is a transitional stage between wakefulness and sleep. It lasts for a few minutes, and during this light sleep, muscle activity decreases.
- Stage 2 (N2): A slightly deeper stage where heart rate slows, body temperature decreases, and the body prepares for deep sleep.

2. DEEP SLEEP (N3):

- Formerly divided into stages 3 and 4, this is the stage of deep sleep or slow-wave sleep. It's crucial for physical restoration, immune function, and maintaining overall health. During this stage, the body repairs tissues, stimulates growth and development, and builds up energy for the next day.

3. REM SLEEP:

- This is the dreaming stage, characterized by rapid eye movements, increased brain activity, and vivid dreams. It plays a critical role in cognitive function, memory, and emotional regulation. During REM sleep, the body experiences temporary paralysis, preventing us from acting out our dreams.

The sleep cycle typically follows the pattern of NREM1 → NREM2 → NREM3 → NREM2 → REM. Each cycle lasts approximately 90 to 110 minutes, and adults go through multiple cycles during a full night's sleep. As the night progresses, the proportion of time spent in REM sleep increases.

Throughout these cycles, the body's physiological processes fluctuate. Heart rate and blood pressure decrease during NREM sleep, reach their lowest in deep sleep, and increase slightly during REM sleep. Breathing becomes more irregular during REM, and brain activity resembles wakefulness, contributing to the vivid dream experiences.

By understanding and experiencing each stage of the sleep cycle we are able to maintaining a healthy sleep pattern and improved overall well-being.



SLEEP PROBLEMS

INSOMNIA

Trouble falling or staying asleep.
About 10-30% of adults deal with insomnia.

Addressing it: Establish a consistent sleep routine, limit caffeine, and create a comfy sleep environment.

SLEEP APNEA

Breathing interruptions during sleep.

Addressing it: Weight management, positional therapy, or using a CPAP machine.

SLEEPWALKING

Performing activities like walking or eating while still asleep. About 1-15% of the population experiences sleepwalking.

Addressing it: Safety measures at home and improving sleep hygiene.

RESTLESS LEGS SYNDROME

Uncomfortable sensations in the legs, leading to an urge to move them.

Addressing it: Regular exercise, a soothing bedtime routine, and sometimes medication.

DELAYED SLEEP PHASE SYNDROME

A mismatch between a person's sleep-wake cycle and the typical 24-hour day. It's more common in teens & young adults.

Addressing it: Gradual adjustments to bedtime and wake-up time, along with light therapy.

NARCOLEPSY

Sudden, uncontrollable urges to sleep. It's estimated that about 1 in 2,000 people in the U.S. has narcolepsy.

Addressing it: Medications, lifestyle adjustments, and strategic napping.

SLEEP HYGIENE

Sleep hygiene refers to a set of habits and practices that promote good sleep quality and quantity. Here are some tips for establishing a healthy sleep hygiene routine:

1. STICK TO A CONSISTENT SLEEP SCHEDULE. GO TO BED AND WAKE UP AT THE SAME TIME EVERY DAY, EVEN ON WEEKENDS.

2. CREATE A RELAXING BEDTIME ROUTINE. THIS MIGHT INVOLVE TAKING A WARM BATH, READING A BOOK, OR LISTENING TO CALMING MUSIC.

3. MAKE SURE YOUR BEDROOM IS CONDUCIVE TO SLEEP. KEEP THE ROOM COOL, DARK, AND QUIET. INVEST IN A COMFORTABLE MATTRESS AND PILLOWS.

4. LIMIT YOUR EXPOSURE TO ELECTRONICS IN THE HOURS LEADING UP TO BEDTIME. THE BLUE LIGHT EMITTED BY SCREENS CAN INTERFERE WITH THE BODY'S PRODUCTION OF MELATONIN, A HORMONE THAT HELPS REGULATE SLEEP.

5. AVOID CONSUMING CAFFEINE, ALCOHOL, AND NICOTINE IN THE HOURS LEADING UP TO BEDTIME. THESE SUBSTANCES CAN DISRUPT SLEEP.

YOUR SLEEP ENVIRONMENT

Creating the ideal sleeping environment is key to signaling to your body that it's time to wind down and release those sleep hormones

Bedroom set up

Your bedroom should be a haven of tranquility, a space dedicated to relaxation and calm. Think about how you set up your furniture – keep it clutter-free for a clear mind.

Aim to create a relaxed, easygoing feel. When you're decorating your room, go for mellow colors and simple designs that create a calm, soothing atmosphere.

Temperature

The right temperature plays an important role in getting a good night's sleep.

Aim for a cool room temperature – generally the recommended temperature is between 60-67 degrees Fahrenheit (15-20 degrees Celsius) – to create a comfortable atmosphere for slumber.

Lighting

You could consider using blackout curtains or sleep masks to minimize external light sources, and try keeping the lighting soft and low during your bedtime routine.

Putting a bedside lamp on instead of the “big” light helps create a calm vibe.

Comfortable bedding

Invest in comfortable bedding – a mattress and pillows that provide the right support for your body. Try out different materials and textures until you find the ultimate comfort for you.

Oh, and don't forget to toss that bedding in the wash regularly, there really is nothing better than getting into a bed with freshly washed bedding!



MY SLEEP HAVEN

Use the space below to write down some ideas you could try to turn your bedroom into a relaxing, cozy, sleep inducing zone, that gives you restful vibes...

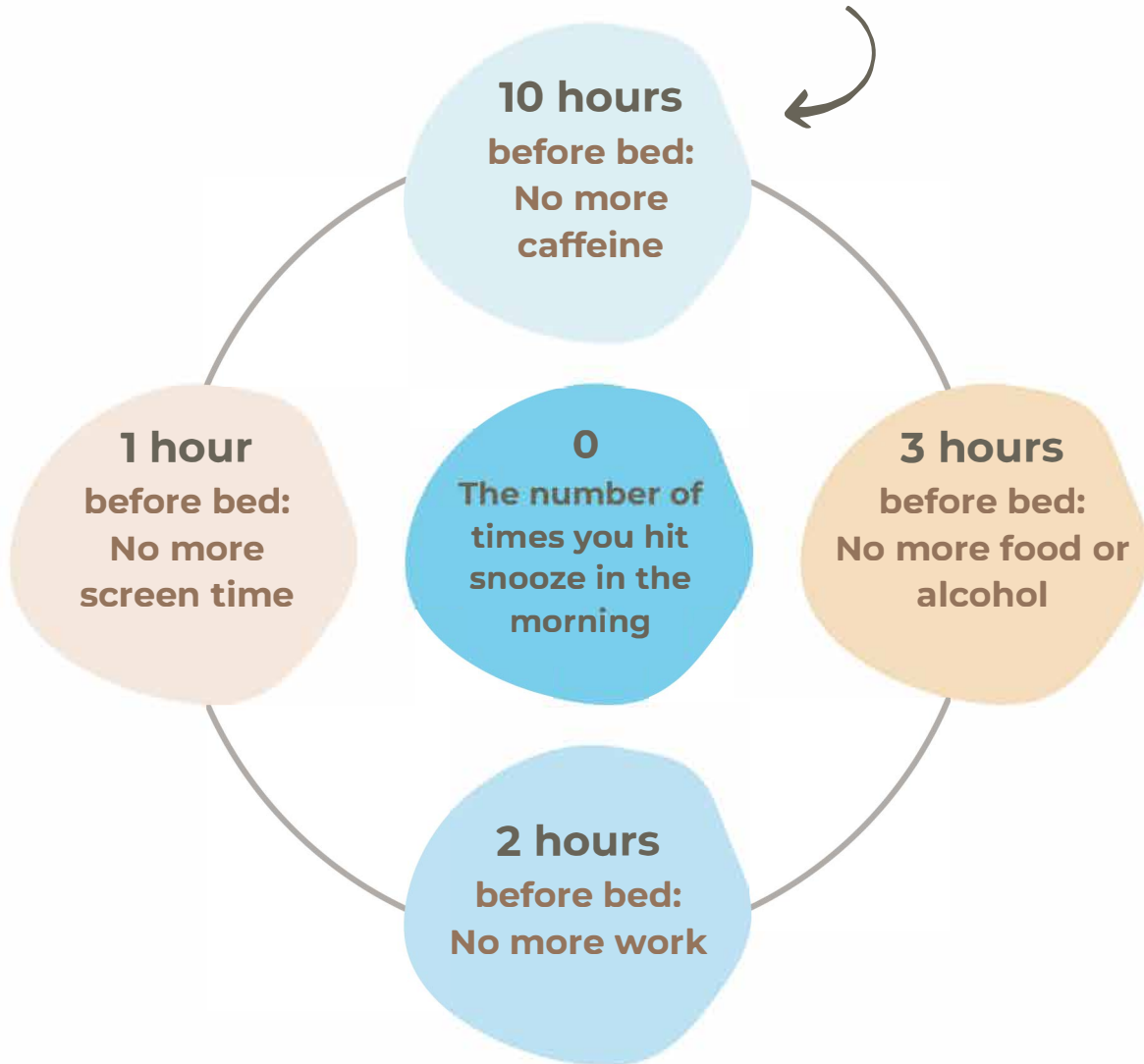


A large, rounded rectangular box with a light blue border, containing horizontal dotted lines for writing. The box is intended for the user to write down ideas for creating a sleep haven.

THE 10-3-2-1-0 BEDTIME RULE



If you aren't getting a good night's sleep, the following sleep rule may help you turn it around.



@BEINGOFMIND

When you do the same relaxing activities in a similar order the hours before bed, your brain will realise that bedtime is coming up and starts prepping for a good sleep. Try to go to bed within half an hour of a set time each night and get up at a similar time each morning. This repetition helps create a habit for your brain to follow easily.

SCREEN TIPS BEFORE BED

Creating the ideal sleeping environment is key to signaling to your body that it's time to wind down and release those sleep hormones

USE A BLUE LIGHT FILTER

Screens — including your phone, TV, laptop, and even e-readers — give off blue light, a short wavelength of light. And this blue light can interfere with sleep.

Light suppresses the production of melatonin, the sleep hormone.

SWITCH OFF BEFORE BED

The amount of time that you should turn off screens before bed will depend on your individual needs and preferences.

Turn off screens at least 30 mins to an hour before bed to allow time for relaxation and winding down as your body starts to make melatonin 2 hours before you go to bed.

SCREEN FREE BEDROOM

Removing electronic devices from the bedroom: Computers, tablets, and other media devices helps you avoid distractions.

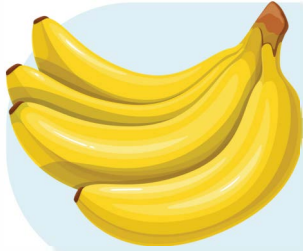
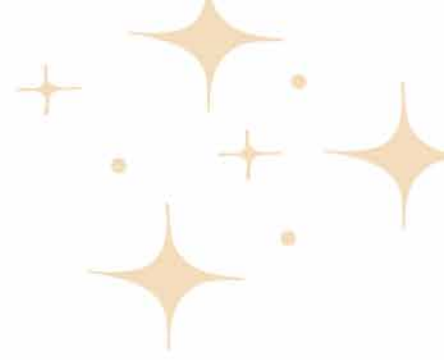
They are best kept outside of the bedroom so that you can get a good nights sleep.

TURN OFF NOTIFICATIONS

Turning your phone to do not disturb or Airplane mode before bedtime if you want to sleep soundly.

Only by silencing notifications can you ensure that calls, texts or emails won't wake you up and tempt you into checking your phone in the middle of the night.

SLEEPY FOODS



BANANAS

Bananas are a source of magnesium & potassium which help relax your muscles and make them an ideal go-to snack before bed. They also contain tryptophan to stimulate production of those key brain calming hormones.

WARM MILK

Milk (and other dairy products) are a really good source of tryptophan. It's an amino acid that can help promote sleep, so it can come in particularly handy especially if you're used to tossing and turning before finally getting off to sleep.



CAMOMILE TEA

One of the main chemical compounds in chamomile is a flavonoid called apigenin. Apigenin creates a mild sedative effect by binding to receptors in the brain responsible for inducing sleepiness and decreasing anxiety.



OATS:

oatmeal might help prepare your body for sleep and keep you full throughout the night. Oats contain magnesium as well as melatonin, the sleep hormone. Consider making a batch of overnight oats with dried fruits and seeds for a simple nighttime snack option.





PROGRESSIVE MUSCLE RELAXATION

Progressive Muscle Relaxation (PMR) is a relaxation technique where you systematically tense and then slowly release different muscle groups in your body. It's all about getting to know what tension feels like and then letting it go. So, you might squeeze your fists tight and then release, or tighten those shoulder muscles then fully relaxing them. It's a bit like a massage for your mind – helping you unwind, release built-up tension, and sail smoothly into a more relaxed state, ready for a good nights sleep.

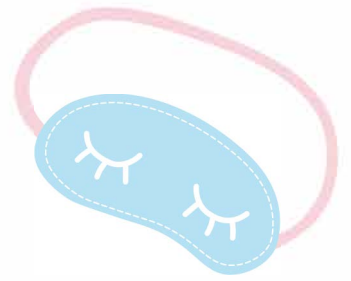
Get comfortable in your bed. Take a few calming deep breaths. While inhaling, contract one muscle group at a time working from your feet to your head. tense the muscles for 5 seconds to 10 seconds, then exhale and suddenly release the tension in that muscle group.

Once you have release the muscles you were tensing give yourself 10 seconds to 20 seconds to relax, and then move on up your body to the next muscle group. Try to relax even the smallest muscles in your eyes or hands as you work up the length of your body.

While releasing the tension, try to focus on the changes you feel when the muscle group is relaxed. Imagining stressful feelings flowing out of your body may be helpful as you release the tension. You could imagine a tight headband being removed from your head as you relax the muscles in your scalp.

Gradually work your way up the body contracting and relaxing muscle groups until every area of your body feels relaxed and loose. Make a conscious effort to fully relax all your muscles at the end of the exercise and enjoy the chilled out vibes as you drift off to sleep.

5 SLEEP ROUTINE IDEAS



Use relaxing essential oil blends on your pulse points to help your body unwind.

Wind down before bed: This could include taking a warm bath, reading a book, or practicing meditation or deep breathing exercises.

Create a sleep conducive environment: Make sure your bedroom is cool, dark, and quiet.

If noise is interfering with your sleep quality try using ear plugs or a white noise machine to block out sounds

Try to go to bed at the same time each night, even on weekends.

BETTER SLEEP PLANNER

WEEK:
MONTH:

Use this worksheet to plan your optimal waking up & bed times based on your natural sleep cycles.

It's recommended to get a minimum of 7 hours sleep per night (These timings include 15 minutes to fall asleep)



WAKE UP TIME	BED TIME 7HRS (4 SLEEP CYCLES)	BED TIME 8 HRS (5 SLEEP CYCLES)	BED TIME 9 HRS (6 SLEEP CYCLES)
5.00 AM	9.45 PM	8.45 PM	7.45 PM
5.15 AM	10.00 PM	9.00 PM	8.00 PM
5.30 AM	10.15 PM	9.15 PM	8.15 PM
5.45 AM	10.30 PM	9.30 PM	8.30 PM
6.00 AM	10.45 PM	9.45 PM	8.45 PM
6.15 AM	11.00 PM	10.00 PM	9.00 PM
6.30 AM	11.15 PM	10.15 PM	9.15 PM
6.45 AM	11.30 PM	10.30 PM	9.30 PM
7.00 AM	11.45 PM	10.45 PM	9.45 PM
7.15 AM	12.00 AM	11.00 PM	10.00 PM
7.30 AM	12.15 AM	11.15 PM	10.15 PM
7.45 AM	12.30 AM	11.30 PM	10.30 PM
8.00 AM	12.45 AM	11.45 PM	10.45 PM
8.15 AM	1.00 AM	12.00 AM	11.00 PM
8.30 AM	1.15 AM	12.15 AM	11.15 PM
8.45 AM	1.30 AM	12.30 AM	11.30 PM
9.00 AM	1.45 AM	12.45 AM	11.45 PM
9.15 AM	2.00 AM	1.00 AM	12.00 AM
9.30 AM	2.15 AM	1.15 AM	12.15 AM



MY SLEEP GOAL

WHAT IS MY SLEEP GOAL?

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WHY I WANT REACH MY GOAL?

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STEPS TO REACH MY GOAL

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★

★

★

★

WHEN DO I WANT TO REACH MY GOAL?

DATE: / /

GOAL ACHIEVED?

DATE: / /





MY SLEEP HYGIENE PLAN

Create your own comforting bedtime routine

DATE: / /

	M	T	W	T	F	S	S
1.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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6.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

TIME I WENT TO BED

MON:

TUES:

WED:

THURS:

FRI:

SAT:

SUN:

HOW I SLEPT

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REFLECTIVE SLEEP QUESTIONS PART 1

ASK YOURSELF THE FOLLOWING QUESTIONS TO EVALUATE HOW WELL YOU ARE SLEEPING THEN CREATE YOUR SLEEP ROUTINE BASED ON YOUR ANSWERS.
THE AVERAGE ADULT NEED BETWEEN 7-9 HOURS OF GOOD QUALITY SLEEP PER NIGHT TO RECHARGE THEIR BODY AND MIND

1. How many hours of sleep did I get last night?

 3 4 5 6 7 8 9

2. Did I wake up feeling refreshed and energized?



Yes



No

3. Did I have any difficulty falling asleep or staying asleep?



Yes



No

4. Did I follow my sleep routine last night?



Yes



No

5. Was my sleep environment comfortable and conducive to sleep?



Yes



No

6. Did I consume any caffeine or alcohol before bedtime?



Yes



No

7. Did I experience any restless or interrupted sleep?



Yes



No

REFLECTIVE SLEEP QUESTIONS PART 2



What thoughts were on my mind before I went to bed?

Did I have any vivid or strange dreams?

How can I improve my sleep quality tonight?



DATE: / /

S M T W T F S

LAST NIGHT I DREAMED:

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PEOPLE IN MY DREAM:

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PLACES IN MY DREAM:

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HOW I FELT IN MY DREAM:

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.....

I THINK THIS DREAM MEANS:

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.....
.....

MORNING THOUGHTS

DATE: / /



Today's positive affirmation:

3 things I'm grateful for:

- 1
- 2
- 3

Today is going to be great because:

.....

.....

.....

EVENING THOUGHTS

3 good things I experienced today:

- 1
- 2
- 3

End of day musings:

.....

.....

.....

MORNING THOUGHTS

DATE: / /



Today's positive affirmation:

3 things I'm grateful for:

- 1
- 2
- 3

Today is going to be great because:

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EVENING THOUGHTS

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