

Your Guide to a Good Night's Sleep

Not getting enough sleep can increase the risk of:

heart disease, heart attack, high blood pressure, stroke, and diabetes. It can also weaken the immune system and lead to more fatigue, depression, anxiety, and breathing problems

Non-REM Sleep

N1 (Stage 1) – Light/Transition Sleep

The shift from being awake to falling asleep
Lasts about 5–10 minutes

N2 (Stage 2) – Light Sleep

Body begins to relax and slow down
Lasts about 10–20 minutes

N3 (Stage 3) – Deep Sleep

Deep, restorative sleep

Body is very relaxed and harder to wake up
Lasts about 60–90 minutes

REM Sleep (Rapid Eye Movement)

- This is the stage where dreaming happens
- The brain is very active while the body is relaxed

In about 8 hours of sleep, you spend roughly 4–5 cycles going through different sleep stages, including REM.

When you hit the snooze button, you interrupt your sleep cycle and start it over again, which can leave you feeling more tired. It's usually better to get up when your alarm goes off to feel more rested.

10 Tips for Sleeping Better

1. Stay active during the day to help your body feel ready for rest at night.
2. Avoid alcohol and caffeine before bed. They may help you fall asleep, but can make it harder to stay asleep.
3. Write down your plans for tomorrow and any worries to clear your mind before bed.
4. Keep your sleep space cool, dark, and quiet. Limit blue light from phones, tablets, and screens since it can reduce melatonin.
5. Don't force sleep. If you're not tired, get up and do something calm like reading, tidying, or planning for tomorrow.
6. Try muscle relaxation by gently relaxing one part of your body at a time.
7. Keep a regular sleep schedule—go to bed and wake up around the same time each day.
8. Notice how much sleep your body actually needs. It may be different from the usual “8 hours.”
9. Keep naps short and earlier in the day, or skip them if they affect your nighttime sleep.
10. TV on or off?
 - On: Can help if silence makes it hard to sleep. Focus on the sound instead of your thoughts.
 - Off: Helps some people fall into deeper, more restful sleep without extra stimulation.