

Why Sleep Matters

- ✦ **Brain** → Sharper memory, learning, and creativity
 - ✦ **Mood** → Protects against anxiety & depression
 - ✦ **Body** → Strengthens immunity, lowers blood pressure, balances blood sugar
 - ✦ **Longevity** → Consistently sleeping <7 hours shortens lifespan
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What Happens During Sleep

- **NREM Sleep** = Deep body repair + memory storage
 - **REM Sleep** = Dreaming, emotional reset, problem-solving
 - 👉 Both are essential—cutting sleep robs you of recovery & resilience
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Caffeine & Sleep

- Blocks *adenosine* (sleep pressure chemical)
 - Half-life: **6–8 hrs** → Afternoon coffee = night disruption
 - Lightens deep sleep → wake up groggy
 - ⚠️ Tip: Avoid caffeine **after 12 p.m.**
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Alcohol & Sleep

- Sedates but **blocks REM sleep**
 - Fragments sleep → frequent awakenings
 - Worsens snoring & sleep apnea
 - ⚠️ Tip: Skip alcohol within **3–4 hrs of bed**
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Morning Sunlight = Nature's Reset Button

- Exposure to natural sunlight within **30–60 minutes of waking** anchors your body clock. Take a morning walk or drink your coffee outside.
- Boosts morning alertness and sets the timer for nighttime melatonin release.

- Even 10–15 minutes outdoors can improve sleep quality.
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🕒 The Power of Routine

- Routine is the most important factor in sleep health.
 - Go to bed and wake up at the **same time every day**—including weekends.
 - Irregular schedules confuse your body clock, making sleep less restorative.
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🍎 Sleep, Diet, & Weight

- **Hormones Shift:** Lack of sleep raises **ghrelin** (hunger hormone) and lowers **leptin** (satiety hormone), making you feel hungrier.
 - **Cravings Rise:** Sleep-deprived brains crave **high-calorie, sugary, and fatty foods**.
 - **Metabolism Slows:** Sleep loss reduces insulin sensitivity, raising diabetes risk.
 - **Weight Gain:** Short sleep is strongly linked to obesity, even when calorie intake is controlled.
 - 👉 Regular, quality sleep supports healthy metabolism and weight control.
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☀️ Sleep Hygiene: Daily Habits for Better Rest

🏠 Bedroom Environment → Cool, dark, quiet, clutter-free

🚫 Digital Curfew → Power down screens 1 hour before bed

🚶 Move Daily → Light exercise helps, but avoid intense workouts close to bedtime

🍎 Timing Matters → Finish heavy meals at least 2–3 hrs before bed

🧘 Wind Down → Relaxing routine (reading, stretching, journaling) signals your body it's time for sleep

🛏️ Bed = Sleep & Intimacy Only → Train your brain to associate it with rest

💡 Bottom Line

Sleep is the foundation of health—as vital as diet & exercise.

Protecting your sleep improves weight control, heart health, mental clarity, and long-term wellbeing.