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# WORLD SLEEP DAY 2021

TIPS FOR IMPROVING YOUR SLEEP

(a thread)

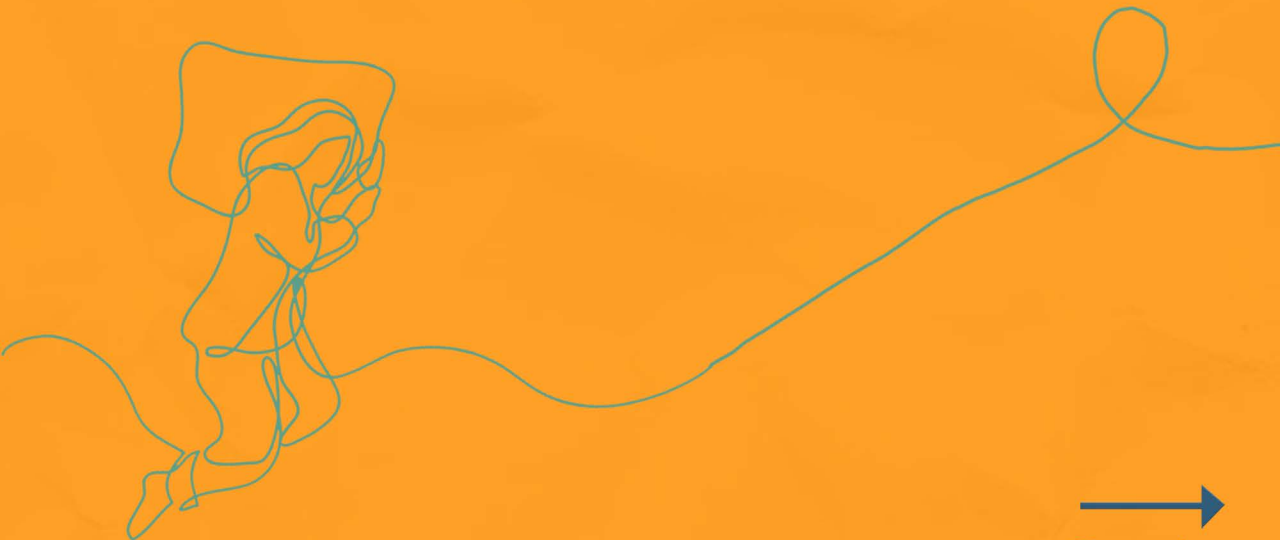


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# WHAT IS WORLD SLEEP DAY?

World Sleep Day is an “annual celebration of sleep and a call to action on important sleep issues”.

But, we're sure you don't need us, or a key date, to tell you that sleep is a pretty important part of our lives.



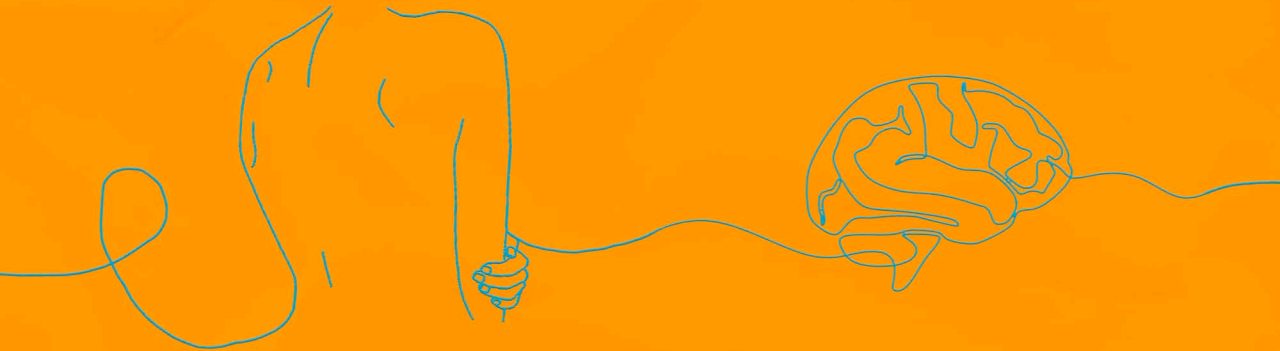
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# WHY IS SLEEP IMPORTANT?

Sleep has a huge impact on both our mind and our body...

## BODY:

## MIND:



Gives you energy

Stores memories

Boosts the immune system

Creates new ideas

Repairs itself by building  
new tissue

Unwinds and de-stresses

# WHAT IMPACT IS CORONAVIRUS HAVING ON PEOPLE'S SLEEP?

Many of us have had our sleep routine impacted in some way over the last year. Some people are finding that they are able to sleep longer and better now that they don't have to rush off for the early commute.

But many are finding their sleep patterns negatively impacted, and this can be down to a range of factors:

- Excessive screen time
- Anxiety, worry, isolation or depression
- Heavy dreaming
- No separation between 'work' and 'home'
- Greater stress with work, family, and home
- Heavy disruption to our everyday lives and routine
- Lack of motivation



# IMPROVING YOUR SLEEP - THE BASICS



***Routine*** - Try and stick to a regular sleep routine and schedule

***Relax*** - Have wind downtime with no, (yep, you guessed it!) phone or TV at least 30 minutes before bed

***Environment*** - Save your bed for sleeping - this is important so that your mind associates your bed with sleep

***Blue light*** - Avoid the blue light on electronic devices - Try the App Flux

***Naps*** - If napping, try and stick to a routine and make sure they're no longer than 10-20 minutes

***Stay active*** - Regular exercise has positive impacts on sleep, although avoid doing it too close to bedtime

***Comfort*** - Make sure you're comfy in your environment! Bed, pillows, duvets. . .

***Temperature*** - Maintain a comfortable temperature setting, more on the cool side

***Diet*** - where possible, avoid caffeine, alcohol, and large meals too close to bedtime

# SANCTUS COACH TIPS FOR IMPROVED SLEEP

- If we're not sleeping properly, it can often be a warning sign that something else is going on in our lives. Pay attention to what your sleep might be telling you

For example:

**Can't sleep** - excited or stressed

**Dreaming heavily** - something on your mind

**Can't get out of bed** - heaviness, depression, etc



- Ease yourself into bedtime, get away from screens, do something relaxing, read a book, have a bath
- No harsh lights after 9 pm, try it out! Brush your teeth in candlelight, weird but effective
- Orange lightbulbs/smart lightbulbs to use after 8 pm
- Avoid eating past 8 pm or less than 3 hours before you go to bed



# SANCTUS COACH TIPS FOR IMPROVED SLEEP

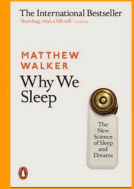
- Yoga and Meditation
- Give yourself some worry time if you need to, journal these thoughts and keep your notes away from the bedroom
- If you can, move your electronic devices outside the bedroom
- Try using an old school alarm clock, so your phone won't be near your bed disrupting your sleep



# RESOURCES FOR SLEEP

## Mathew Walker - Why We Sleep

Why We Sleep: The New Science of Sleep and Dreams is a popular science book about sleep by the neuroscientist and sleep researcher, Matthew Walker. Walker is a professor of neuroscience and psychology and the director of the Center for Human Sleep Science at the University of California, Berkeley.



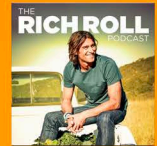
## Dr Chatterjee- Feel Better Live More - Sleep

To live our most authentic life we need to figure out our own identity and true values.



## Rich Roll Podcast - Sleep

Each week Rich delves deep into all things wellness with some of the brightest and most forward thinking, paradigm busting minds in health, fitness, nutrition, art, entertainment, entrepreneurship & spirituality.



## Headspace

Live a healthier, happier, more well-rested life in just a few minutes a day with the Headspace app.



## Calm

Calm Is The #1 App For Mental Fitness, Designed To Help You Manage Stress. Sleep Better And Live A Happier, Healthier Life.



## White Noise Machine

A white noise machine, also known as a sound machine, can help you create a more relaxing bedroom environment that promotes healthy, high-quality sleep.

## Calming Nature Sounds

It's no surprise that ocean waves are a popular choice for soothing sleep sounds. For many people, the rhythmic crashing of water onto sand and rock can be quite calming.



# Journaling prompt for sleep



What are you dreaming of?

What's keeping you up at night?

What would ease you into sleep today?

How could you make your sleep ritual the best one for you?

What do you want to leave behind?

