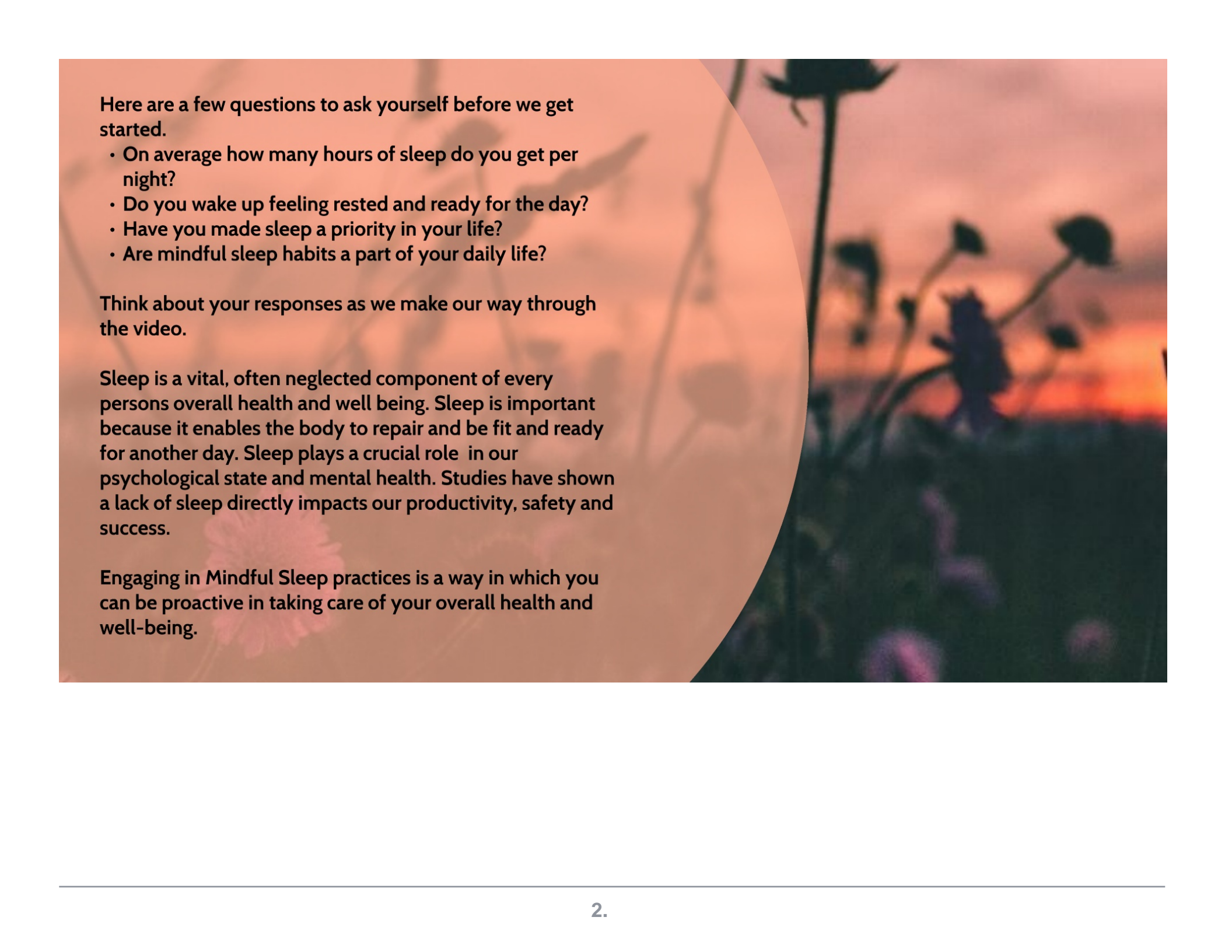




## MINDFUL SLEEP





Here are a few questions to ask yourself before we get started.

- On average how many hours of sleep do you get per night?
- Do you wake up feeling rested and ready for the day?
- Have you made sleep a priority in your life?
- Are mindful sleep habits a part of your daily life?

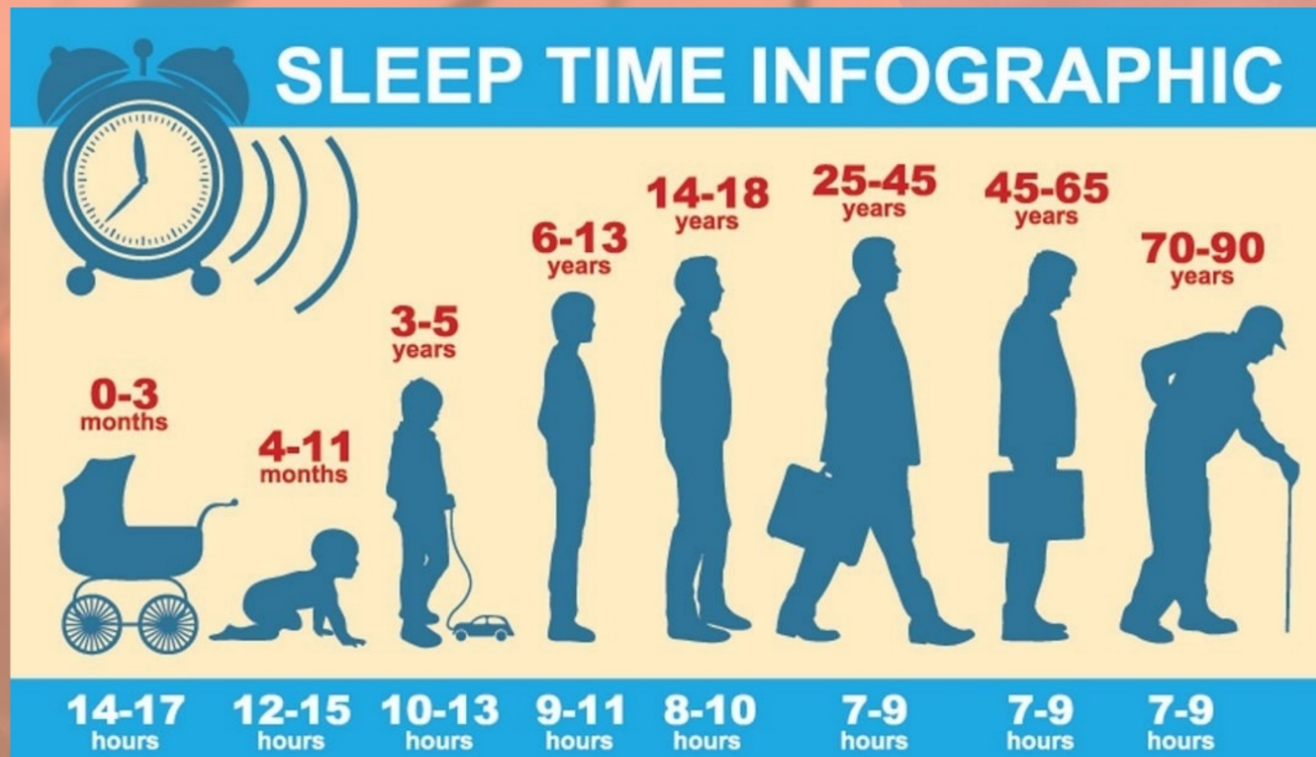
Think about your responses as we make our way through the video.

Sleep is a vital, often neglected component of every person's overall health and well-being. Sleep is important because it enables the body to repair and be fit and ready for another day. Sleep plays a crucial role in our psychological state and mental health. Studies have shown a lack of sleep directly impacts our productivity, safety and success.

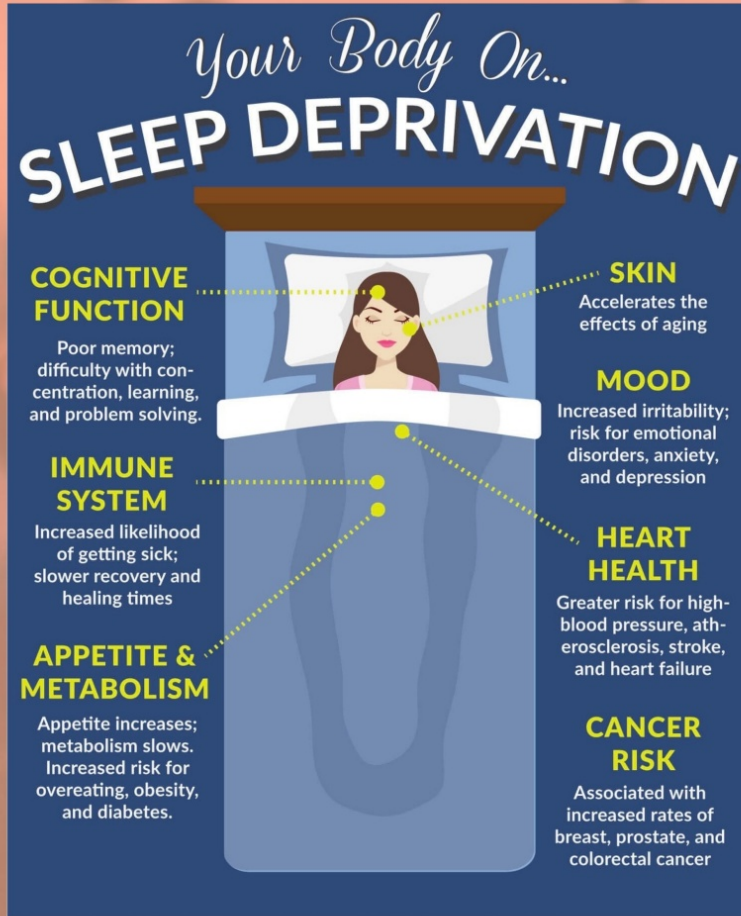
Engaging in Mindful Sleep practices is a way in which you can be proactive in taking care of your overall health and well-being.



# How much sleep should you be getting?



# What happens if you don't get enough sleep?



## Lack of sleep hurts the brain

EFFECTS TO THE BRAIN DUE TO A SEVERE LACK OF SLEEP

### Parietal lobe

Information is processed slower. Problem solving skills decline

### Neocortex

Difficulty learning new material

### Frontal lobe

Difficulty focusing. Creativity declines

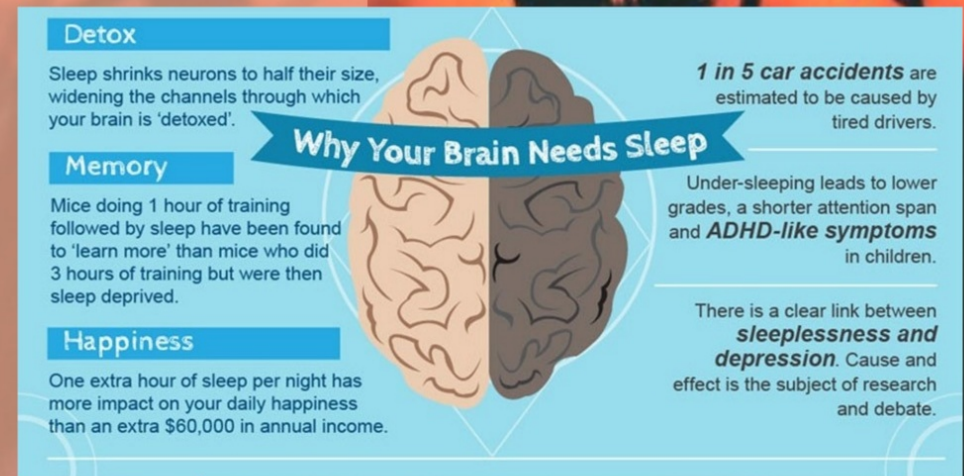
### Prefrontal lobe

Vision worsens

### Temporal lobe

Speech becomes slurred

SOURCE: Boston College  
DESERET NEWS GRAPHIC





Although a lack of sleep can be due to habits and lifestyle choices that is not always the case. According to the American Sleep Association, 50- 70 million US adults have a sleep disorder. If you struggle to sleep and are not finding that anything you are consistently trying is helping, you should reach out to a Medical professional.

<i>Sleep Disorder</i>	<i>Number of Americans Affected</i>
Insomnia	1 in 4
Sleep apnea	1 in 5
Restless legs syndrome	1 in 10
Narcolepsy	1 in 2,000
Sleep paralysis	2 in 5

- Lifestyle Changes
- Physical Activity
- Sleep Hygiene
- Relaxation Techniques
- Seek out professional help from a medical professional or therapist if needed.

**Breathing  
Exercise**

**Guided  
Meditation**

# SLEEP HYGIENE

## HELPFUL TIPS TO HELP YOU SLEEP

What is sleep hygiene? "Sleep hygiene" is used to describe good sleep habits. Many of us don't pay attention to our sleeping habits but they are essential.

### YOUR PERSONAL HABITS



**FIX A BEDTIME AND AN AWAKENING TIME**  
The body "gets used" to falling asleep at a certain time, but only if this is relatively fixed.

**AVOID NAPPING DURING THE DAY**  
Or make sure you limit the nap to 20-30 minutes.



**AVOID CAFFEINE & ALCOHOL 4-6**

### YOUR SLEEPING ENVIRONMENT



**USE COMFORTABLE BEDDING**  
Find comfortable bedding and a good temperature to keep the room well ventilated.

**BLOCK OUT ALL DISTRACTING NOISE**  
Also eliminate as much light as possible.



### GETTING READY FOR BED



**TRY A LIGHT SNACK BEFORE BED**  
Warm milk and foods high in the amino acid tryptophan, such as bananas, may help you sleep.



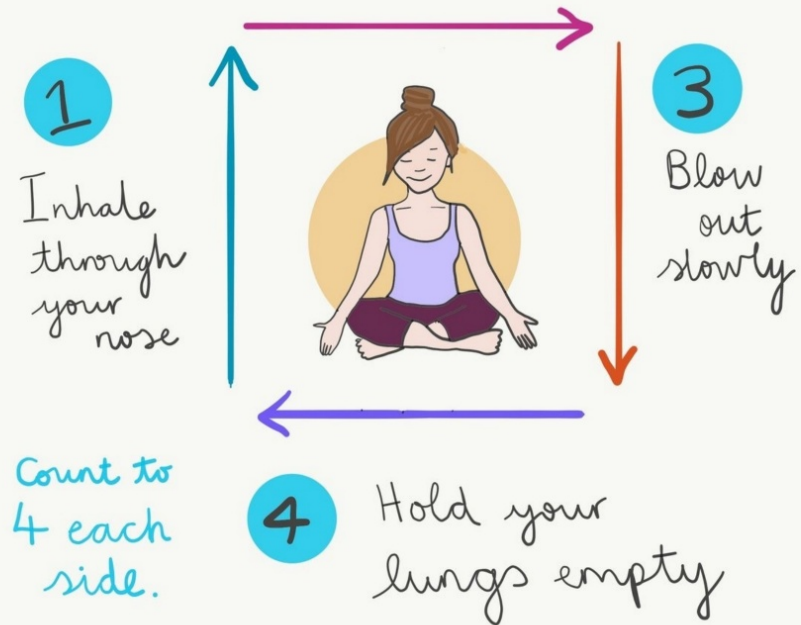
**USE RELAXATION TECHNIQUES AND DON'T TAKE YOUR WORRIES TO BED**



# WHAT IS SQUARE BREATHING?

- ❁ Square breathing is also known as box breathing.
- ❁ It has been positively associated with everything from better sleep and improved heart health, to reduced anxiety and depression.
- ❁ It has four main parts: inhale, hold, exhale, hold.
- ❁ It is useful for helping people breathe deeper and better overall. It is also a powerful stress reliever and an excellent way to calm down a worried and anxiety-filled mind.

## SQUARE BREATHING











# References:

[www.stocktonusd.net/mhbss](http://www.stocktonusd.net/mhbss)

<https://casper.com/blog/sleep-statistics/>

<https://www.sleepassociation.org/about-sleep/sleep-statistics/>



# *Thank You!*



FOR ADDITIONAL INFORMATION PLEASE VISIT:  
[www.stocktonusd.net/mhbss](http://www.stocktonusd.net/mhbss)



## MINDFUL SLEEP

