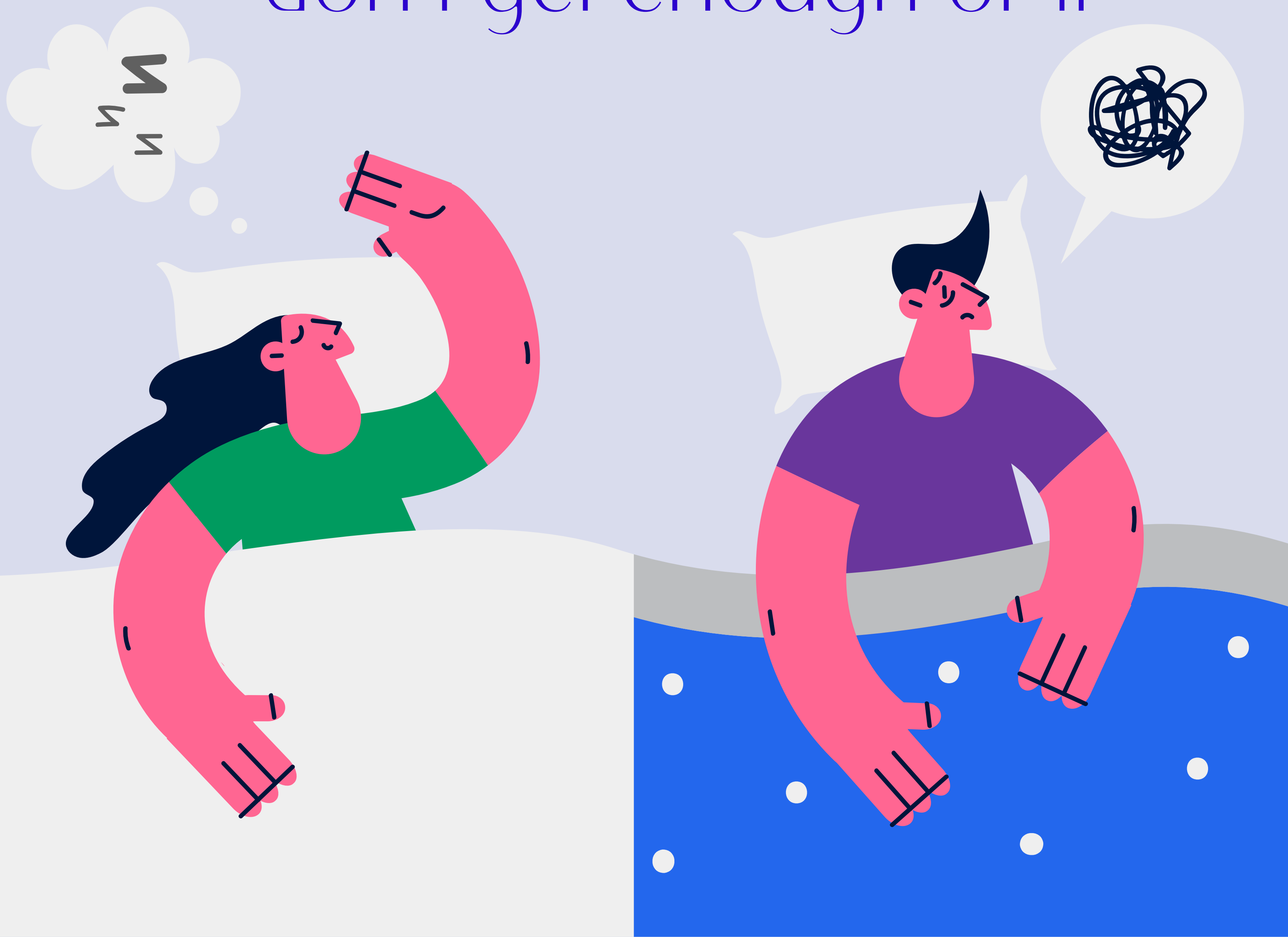


# Sleep

is key for your  
health and well-being...

yet many people  
don't get enough of it



# How much sleep do you need?

Most healthy adults need an average of **eight hours of sleep per night**.

Losing even just 1 hour of sleep per night can affect your ability to think properly and respond quickly.

It can also affect your cardiovascular health, energy balance, and ability to fight infections.

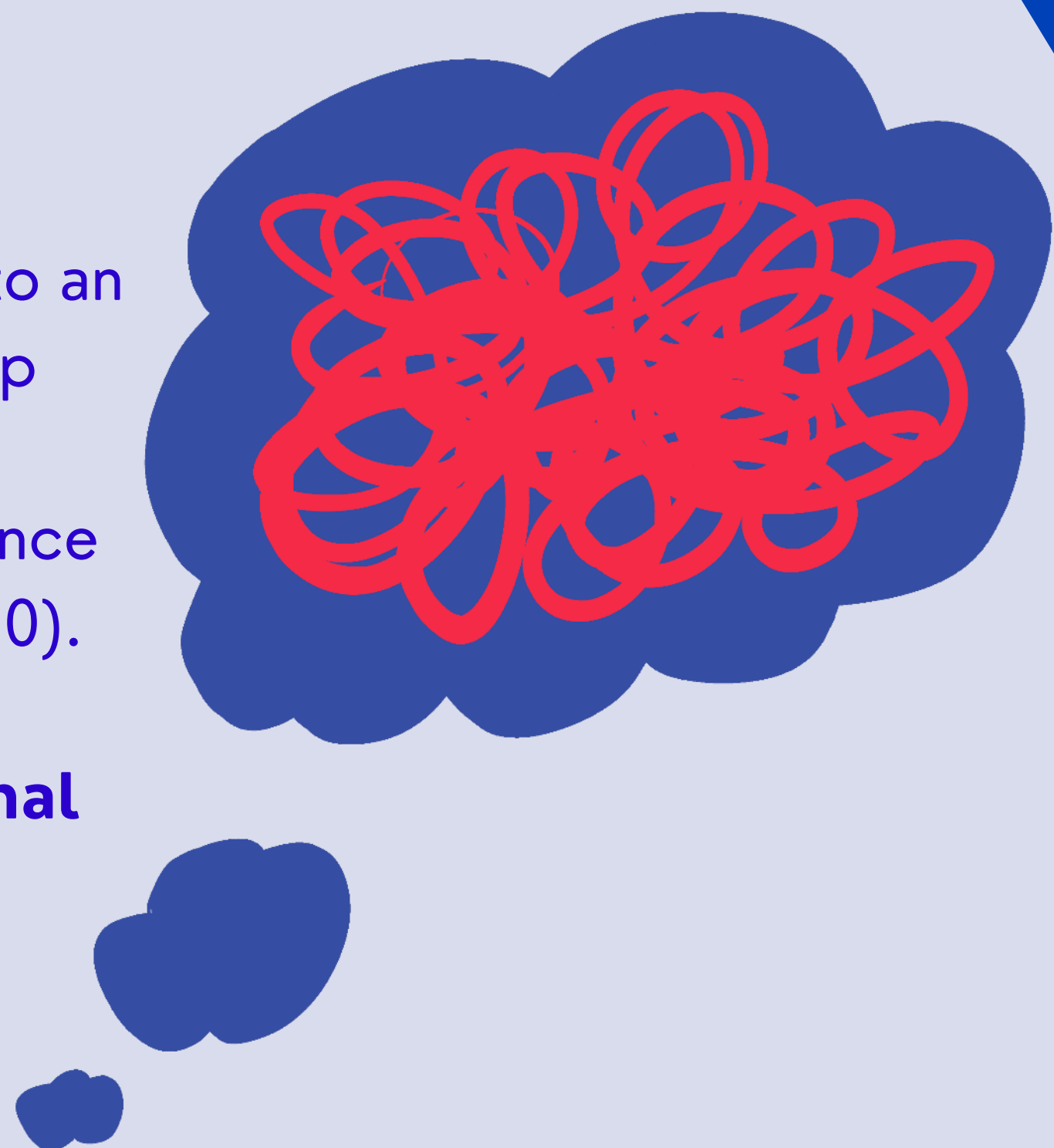
## Is six hours of sleep enough?

In fact, some people have a gene that enables them to function well on only six hours, however, this gene is rare and appears in less than 3% of the population.

So for the majority of us, 6 hours is not enough!

## How does lack of sleep affect you?

- Impairs your **decision making**
- Increases your chances of getting into an **accident**. Research shows that sleep deprivation affects performance in a similar way to being under the influence of alcohol (Williamson & Feyer, 2000).
- Interferes with **learning**
- Decreases your **mood** and **emotional well-being**



# What disrupts sleep?

Stress is the #1 cause of sleeping difficulties - for example: school, job-related stress, family or marriage, serious illness, death in family

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Drinking alcohol or caffeinated drinks in the afternoon or evening

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Physical exercise or any mentally intense activities close to bed time

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Traveling and jet lag upsetting your biological rhythms

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Screen time- light from screens

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Certain medications:  
decongestants, steroids,  
asthma, or meds for depression

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24/7 lifestyle, shift work, round  
the clock industries

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Noisy or excessively warm or  
cold environments

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Comfort and size of your bed or  
habits of your sleep partner

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# How to get a good night sleep

Avoid hitting a snooze button over and over again

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Keep a regular sleep/wake schedule and try to avoid taking naps during the day

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Avoid caffeine, alcohol, and heavy meals before bed (also minimize daytime use)

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Try to wake up without an alarm clock

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Get regular exercise

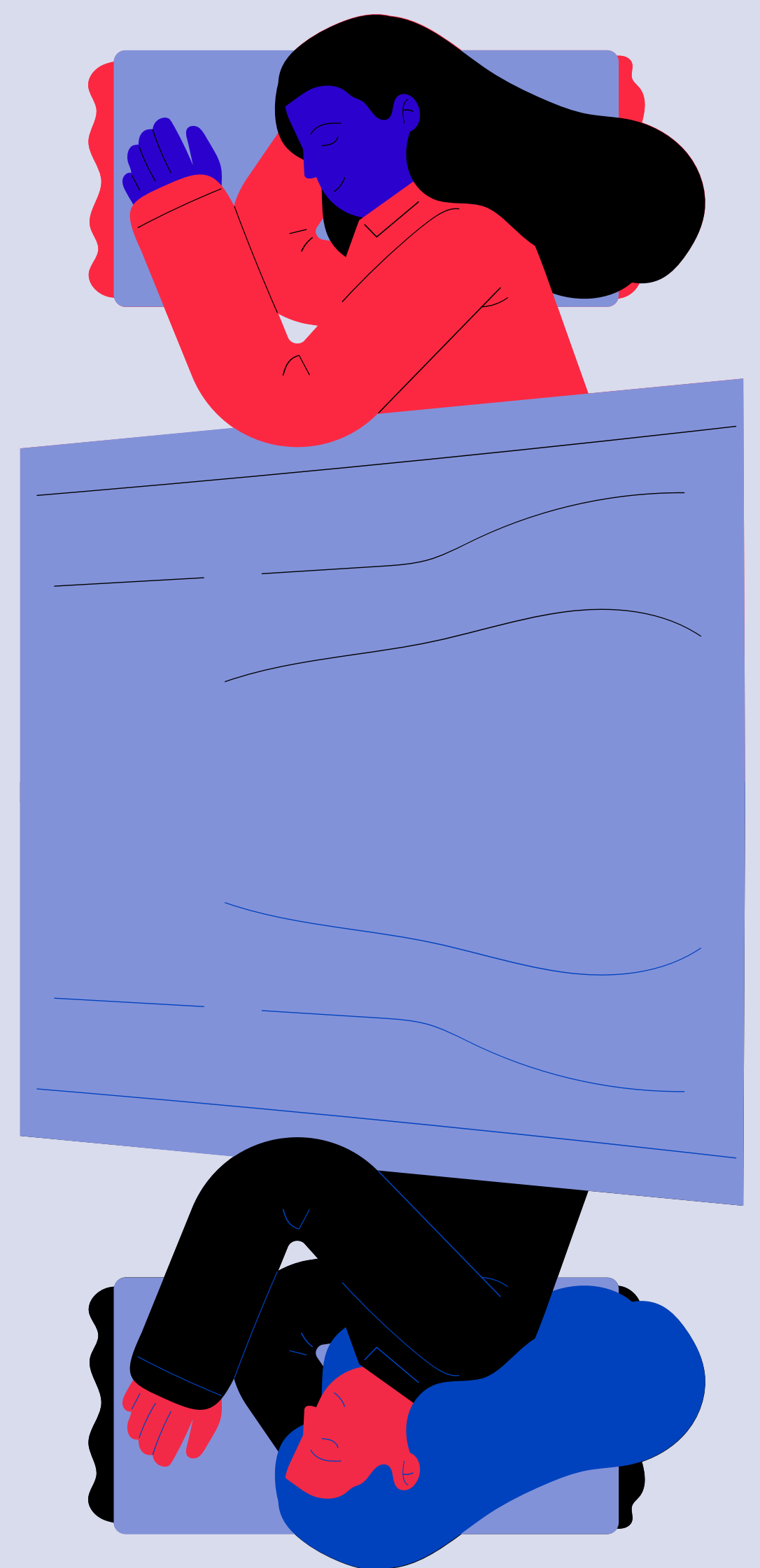
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Minimize noise, light and excessive hot/cold temperatures while sleeping. 15C – 19C is the ideal temperature and varies per person (Sleep.org)

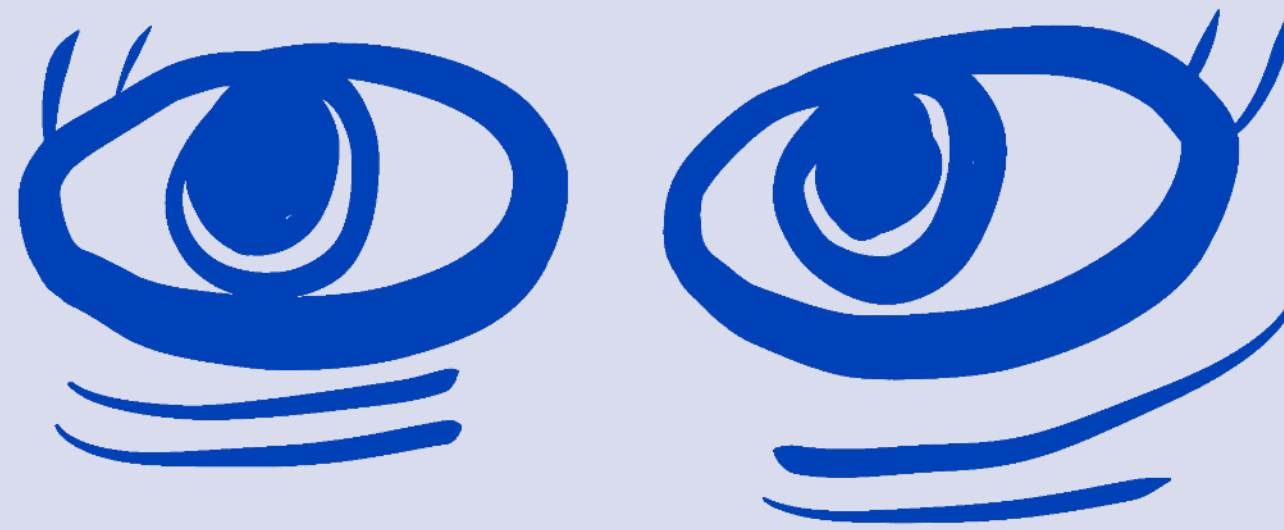
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Go to bed earlier every night for a certain period to ensure you get enough sleep

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# CBT sleep techniques to improve sleep



Use guided imagery. Imagine yourself in a story and try to picture what things look, feel, and sound like. Make it as real as possible. Stop “trying” to go to sleep. This will help settle your mind and allow your body to relax.



Pay attention to any negative attitudes and beliefs that hinder your sleep, thoughts that involve worry or stress that keep you awake.



Set a “worry time” in the afternoon to review the day and plan for tomorrow. This will help you put your worries aside when you go to bed.



Incorporate meditation in your weekly routine to help you learn how to relax your body and mind.

