SUMMER SELF-CARE
Week 2 • June 16, 2020

Don't sleep on sleep

This week's takeaways
1. Sleep is a vital process our body undergoes for about 1/3 of our lifetime
2. Sleep plays a very important role in memory consolidation and learning
3. Sleep disruptions can be detrimental for our immune, cognitive, and metabolic function, so it is important we develop good sleep practices
4. Dreaming is a process which is not fully understood by scientists even today

Strategies for better sleep

- Stick to a schedule
  Try to consistently go to bed and wake up at the same time every day, even on weekends.

- Wind-down routine
  Take time to do relaxing activities before bed (i.e. read, meditate, or journal).

- Exercise regularly
  Consistently exercising every day will help you sleep better. Exercise at any time!

- Light exposure
  Expose yourself to bright, natural light during the day and sleep in the dark.

- Record your sleep
  If you are having trouble sleeping, record your sleep habits and talk to your doctor.

- Sleep at night
  Avoid taking naps during the afternoon to make sure you sleep well at night.

- Get comfy
  Keep your bedroom cool (60-67°) and get a mattress & pillows that are comfortable.