

# 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.

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