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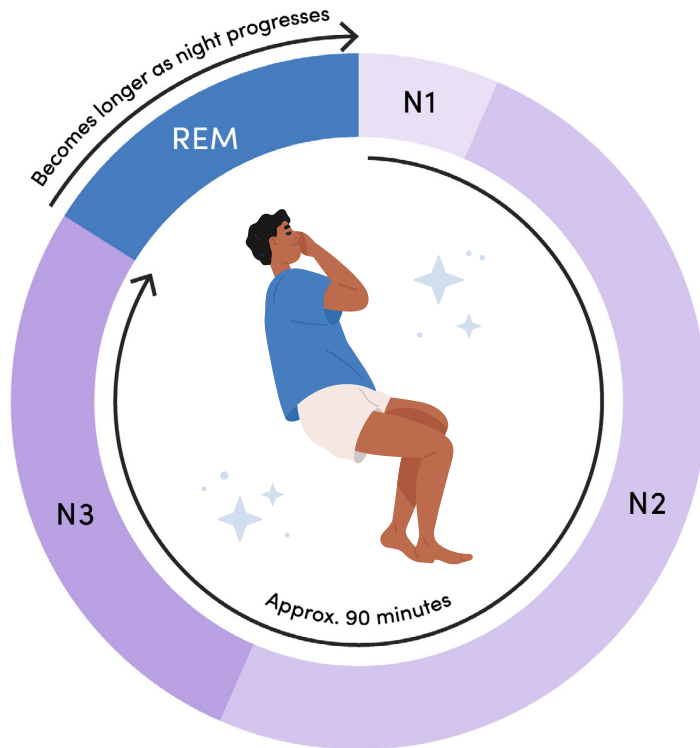
SLEEP OPTIMIZATION GUIDE

Restart Your Brain



Sleep Explained

Understanding these stages can help you optimize your sleep and prioritize deep sleep while avoiding disruptions.



Non-REM Sleep

Non-rapid eye movement sleep (Non-REM) makes up the majority of sleep time. Non-REM sleep is divided into three stages.

N1

Stage 1

- Transitional stage between wakefulness and sleep
- Drifting in and out of sleep

N2

Stage 2

- Deeper sleep than Stage 1
- Still can be easily awakened

N3

Stage 3

- Deepest sleep in entire sleep cycle
- Slowest brain waves
- Muscles become relaxed
- *Crucial for physical and cognitive restoration and growth*

REM Sleep

Rapid eye movement (REM) sleep is characterized by a faster heartbeat and vivid dreams.

REM

Stage 4

- Highest level of brain activity
- Muscles become immobilized to prevent acting out dreams and hurting yourself
- *Imperative for memory consolidation and emotional regulation*

The Sleep Cycle

- You start in Stage 1 Non-REM, progressing through Non-REM Stages 2, and 3.
- After approximately 90 minutes, you enter REM sleep.
- You then cycle back through the stages, with each REM stage becoming longer as the night progresses.



Benefits of a Good Snooze

- Strengthens the immune system
- Replenishes energy
- Produces hormones that promote cell repair and growth
- Consolidates memory
- Repairs tissues
- Improves cognitive performance skills including learning, problem-solving, judgment, decision-making, and creativity
- Enhances alertness and increases mental clarity
- Regulates mood
- Reduces stress
- Helps prevent mood disorders
- Improves overall emotional health
- Regulates appetite and metabolism
- Decreases risk of various adverse health conditions



Although individual needs may vary, most adults require

7-9 hours
of sleep per night
to function optimally.

Dream Big, Sleep Well

- **Turn off all electronic devices at least an hour before bed.**
 - Screens emit blue light, which can trick your brain into thinking it's daytime, thus disrupting your sleep-wake cycle.
- **Promote relaxation and better sleep quality with a calm, quiet space.**
 - Earplugs, white noise machines, or soundproofing techniques can help block out distracting noises and create a peaceful sleep environment.
- **Signal your brain that it's time to wind down with a dark, quiet room.**
 - Use blackout curtains or sleep masks to block out light.
- **Practice mindfulness to focus on the present moment and reduce anxiety.**
 - Deep breathing
 - Meditation
 - Progressive muscle relaxation
- **Take a warm bath or shower.**
 - Relax your muscles and prepare your body for sleep.

Recommended Item

Yogasleep Dohm Classic White Noise Sound Machine

The “original white noise machine” creates a soothing, constant sound that masks distractions and helps you focus on relaxation and sleep.

[Buy on Amazon](#)



Recommended Item



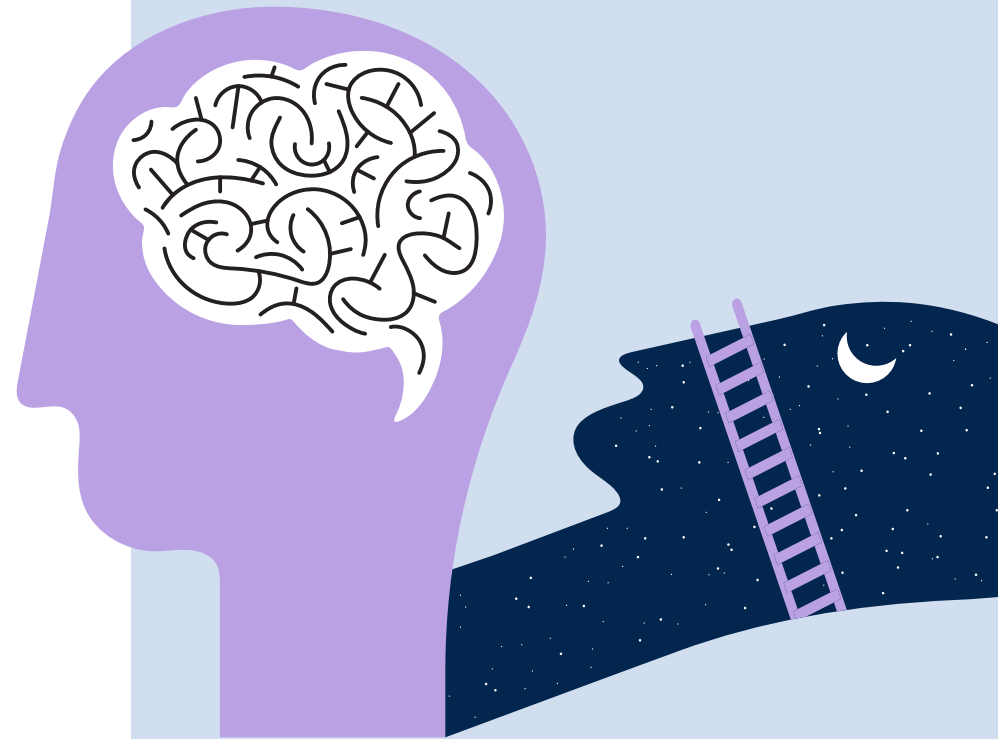
MZOO Sleep Eye Mask for Men and Women

A soft, patented sleep mask that provides complete light blockage, ensuring uninterrupted sleep and promoting deeper, more restful sleep cycles.

[Buy on Amazon](#)

Dream Big, Sleep Well

- **Set your thermostat between 65–68 degrees Fahrenheit (approximately 18–20 degrees Celsius).**
 - A slightly cooler environment can help regulate your body temperature and promote restful sleep.
- **Choose the right mattress and pillow.**
 - Consider factors like sleep style, support, firmness, materials, and your personal preferences.
- **Regulate your body's internal clock.**
 - Stick to a regular sleep-wake cycle, even on weekends.
- **Limit naps to 20–30 minutes and avoid napping too late in the day.**
 - Naps can help improve alertness and performance, but excessive napping can interfere with nighttime sleep.
- **Opt for light evening meals to prevent sleep discomfort.**
 - Avoid heavy, spicy foods before bed to reduce indigestion and improve sleep quality.
- **Be mindful of your fluid intake, especially in the evening.**
 - Avoid coffee after 3 p.m. With a half-life of 6 hours, this caffeinated kick can stick around late into the evening.



Sleep is a fundamental biological process that has been preserved throughout evolution.

Sleep needs vary from person to person.

**Sweet dreams—
SUCCESS+**