



How to

SLEEP WELL



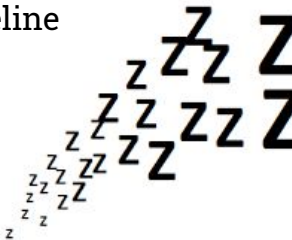
IRIS TECHNOLOGIES

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Introduction

Having control over people, events, thoughts, nature and everything in and around us in general, is a genuine human desire.

If we ever get to the point where we feel that we are in charge of what happens in our lives, we will feel proud, confident and as if we've entered some order in this chaotic world.



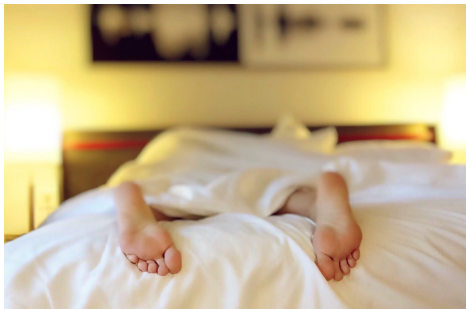
Mastering your sleeping pattern will surely make you feel almighty because sleep is vital for our proper functioning.



The importance of sleep

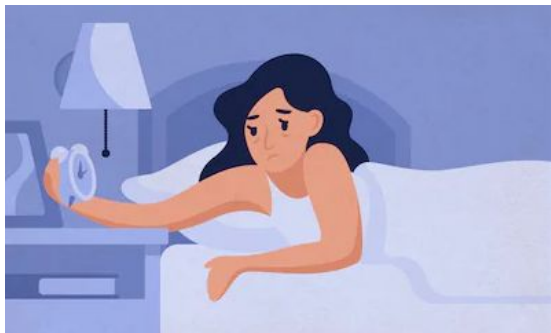
It is well known how beneficial sleep is but not all of the reasons for sleeping have been specified yet.

There are a few leading theories and most likely the truth is a combination of them.



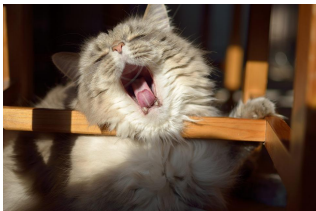
Above everything else our bodies preserve energy, recover physically and mentally during sleep.

And if there are obstacles for these processes to take place, bad things start to happen instead.

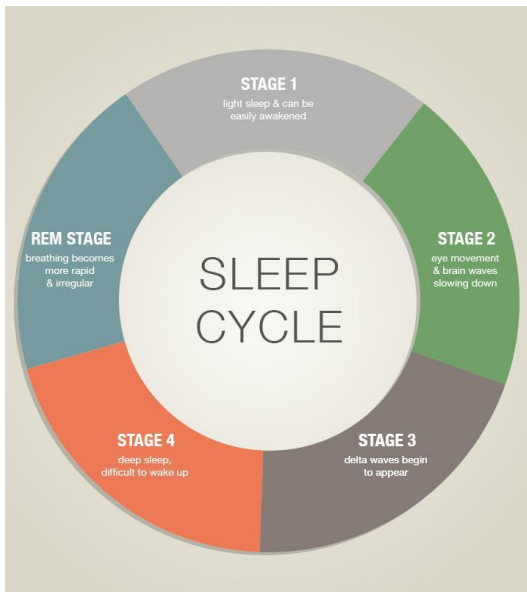


How does lack of sleep affect our lives?

When we don't get enough sleep or don't sleep well, our metabolism slows down, we feel hungrier (thus we eat more and gain weight – according to a study, people who lack sleep, eat around 500 calories more), we don't have as much energy, our immune system destabilizes, stress and depression hit us – these are only some of the effects that bad sleep brings with itself.



Sleeping well means getting through all 5 phases of sleep every night. Each phase lasts 90 minutes.



First phase

Our brain activity decreases compared to our waking state.

Second phase

The muscles relax, the body temperature drops, and the pulse slows.

During this stage, our body prepares for deep sleep.

Third and fourth phase

The body falls into a deep sleep. This is where all the healing processes take place – the repair of injured tissues, muscle building, etc.

Fifth phase

REM (Rapid Eye Movement) sleep. During this phase, we dream most actively, our muscles are paralyzed, and our breathing speeds up. The first REM phase lasts about 10 minutes, each subsequent one being longer.

As a summary, it could be said that a good night's sleep is continuous, deep and intense.

Sleep guideline

If you are looking for ways to improve your sleep, this article is here to help you. Here are a few tips that you could try to get that recommended, sweet 8-hour rest at night.

It is very important to take notice of the lights around you.

Nowadays we are surrounded by thousands of sources radiating blue light. Wondering where the problem with this statement is?

Blue light actually prompts the body to wake up (in nature blue light is noticeable at day time and is strongest when the sun rises) – therefore it is advisable to turn off all of your devices at least 60 minutes before going to bed.

Or there is another solution you could try if you can't resist some final scrolling – Iris.

At night the blue light stops the secretion of melatonin, the hormone responsible for our sleep.

Less blue light equates better sleep and less eye strain.

The bulgarian software gradually regulates blue light day and night.

It also matches your screen brightness to the light around you, leading to reduced eye pain.

These are only 2 of the many different types of usage. As well as the main version of Iris, there is also an Iris Mini which is free but has only 2 modes whereas the original Iris costs \$15 once and offers you much more possibilities and options to make your eyes and yourself happier. (You can find and get the products or read further information on our website).

It is so cheap and easy to install Iris that when you do, you would wish you had done it sooner.

Another tip is to pay attention to your sleeping environment since it is essential too as strange as it sounds.

Your bedroom should be as dark as possible. If you don't have blinds or curtains on your windows, you could buy a sleeping mask which will do the job for years.

Also, make sure that the noise you hear in your bedroom is as still as possible.

This never depends on you, that's why you could resort to buying earplugs (especially if you live in a noisier area).

The temperature is the next important factor in our sleeping environment – the best temperature for falling asleep is around 20 degrees Celsius.

Taking a hot shower or bath before bed is a great idea and in fact, it's not the heat that makes you feel sleepy afterwards – stepping out of the shower, your body radiates out the inner heat to your environment and your body temperature drops.

This results in triggering the brain to think it's sleepy time.

If you have already tried all of the tips mentioned above and nothing works for you, you could try to come up with your own 'sleeping plan'.

30-40 minutes before bedtime, do something that makes you feel relaxed – meditate, read a book, brush your teeth, etc. Attempt going to bed at the same time every night (with an acceptable difference up to an hour).

This way, when the time comes, your body will automatically know that it is time for sleep and you will find it a lot easier to enjoy a well-deserved night rest.

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