

MIND TRAINING SESSIONS

SUMMARY

Sleep and Stress Management

Ensure you get enough sleep | The deep sleep is required.

Deep Sleep is extremely important to consolidate the short to long term memory | With proper sleep you take your short term memories, that you're learning through the day and convert them to long term memory.

Sleep helps prevent Dementia and Alzheimer.

Dreaming facilitates new solutions and ideas.

Sleep Hacks

- * Remove Digital Devices | Don't touch a digital device before going to bed.

- * Darkness

- * Keep the bedroom free of work

- * Keep the bedroom cool

- * Exercise in the morning

For Stress Management - Have a mindfulness practice | Try to meditate.

Task for the day

Implement at least one method for improving sleep