



## Sleep is essential for our overall health and well-being and many of us aren't getting enough.

In a survey of more than 400,000 American adults, the CDC found that 35% of respondents reported getting less than 7 hours sleep per night on average. This is below the required 7-9 hours of sleep daily that adults need.

## WHY IS SLEEP SO IMPORTANT?

### **RESTORES THE BODY:**

Sleep is a time for the body to rest and repair itself. During sleep, the body produces hormones that help repair damaged tissue and boost the immune system. It's also a time for the brain to consolidate memories and process information from the day.

### **HELPS REGULATE MOOD:**

Sleep is closely linked to mood regulation. Lack of sleep can lead to irritability, mood swings, and even depression. Getting enough sleep can help stabilise our mood and improve our overall emotional well-being.

### **BOOSTS COGNITIVE FUNCTION:**

Getting a good night's sleep is important for cognitive function. It helps with memory

consolidation, attention, and decision-making. Lack of sleep can impair these functions, making it difficult to focus and make good decisions

### **IMPROVES PHYSICAL PERFORMANCE:**

Sleep is crucial for physical performance. It helps the body recover from exercise and prepares it for the next day's activity. Athletes, in particular, need adequate sleep to perform at their best.

### **REDUCES THE RISK OF CHRONIC DISEASES:**

Chronic sleep deprivation has been linked to an increased risk of chronic diseases, including obesity, diabetes, and cardiovascular disease. Getting enough sleep can help reduce the risk of these conditions.

**It's all about balance.**

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## WHAT IS SLEEP SYNCING?

Sleep syncing is aligning your body's natural circadian rhythm with your daily routine. Your circadian rhythm is your internal body clock that follows a 24 hour cycle (eg sleep-wake cycle). Influenced by light and dark, it controls hormone release such as melatonin and your digestive enzymes.

Sleep syncing is supporting your internal clock by giving it a gentle nudge in the right direction. Creating a routine that makes sure your body is sleeping and waking when it should be. Improved sleep quality, increased energy levels, and maintaining a healthy body have all been linked to sleep syncing.

## HOW CAN YOU PRACTICE SLEEP SYNCING?

**It's simple to build your routine around sleep syncing, here's our top tips on syncing your sleep to your daily routine.**

### 1. STICK TO A REGULAR SLEEP SCHEDULE:

Go to bed and wake up at the same time every day, even on weekends. This helps regulate your body's internal clock, making it easier to fall asleep and wake up.

### 2. GET SOME SUNLIGHT IN THE MORNING:

This lets your body know it's time to wake up and is the strongest circadian cue. Open the curtains straight away and get your body out in the sunlight. In darker mornings you could try using light therapy.

### 3. CREATE A RELAXING BEDTIME ROUTINE:

Take a warm bath, read a book, or do some gentle stretching to help your body unwind and prepare for sleep.

### 4. KEEP YOUR BEDROOM DARK, QUIET & COOL:

Use blackout curtains, earplugs, or a white noise machine to create a calm, peaceful sleep environment. The best temperature for sleeping is 16-19 degrees Celsius.

### 5. AVOID ELECTRONICS BEFORE BED:

The blue light emitted by electronic devices can disrupt your sleep cycle, so try to avoid screens for at least an hour before bedtime.

### 6. LIMIT CAFFEINE AND ALCOHOL:

Caffeine can interfere with your ability to fall asleep, while alcohol can disrupt your sleep cycle and cause you to wake up more frequently.

### 7. EXERCISE REGULARLY:

Regular exercise can help you fall asleep faster and stay asleep longer. Just be sure to finish your workout at least a few hours before bedtime.

### 8. DON'T GO TO BED HUNGRY OR OVERLY FULL:

Eating a heavy meal or going to bed hungry can both interfere with your sleep. Try to have a light snack before bedtime if you're hungry and avoid heavy meals for at least a few hours before bed.

By incorporating these sleep syncing tips into your daily routine, you can set yourself up for better, more restful sleep. Remember, quality sleep is an essential component of good health and well-being, so it's worth investing the time and effort to get it right!

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