

Sleep Lecture

It will benefit you to read the lecture and watch the video.

It has become a common belief that as adults all we need is about five hours of sleep and we can function.

Sleep is essential to the body for the healing process. This is the time for the physical body to repair any damage. The mind needs time to sort out what is seen and experienced during the day.

Sleep deprivation can lead to memory loss, irritability, difficulty focusing, and, as a part of this program it is a requirement to have 7 to 8 hours of restful sleep.

If you struggle to fall asleep or are finding that you wake up multiple times during the night here are some tips that might help.

Sleep Tips

- Use screens and devices in a different room
- Turn it off screens and devices a half-hour before going to sleep.
- Remove any distracting lights and sounds from your bedroom.
- Create a wind-down routine.
- As you drift off to sleep tell yourself, "I'm going to sleep deeply rested fully."
- Go to sleep at the same time every night and wake up the same time every morning.
- Have a consistent low sound to focus on.
- Go to sleep when you feel tired.

Creating your sleep pattern will assist your mind and body to rest easily, fully, and consistently.

To acknowledge those on swing-shift the agreement is not without its impact. Stick to a continuing momentum of getting a minimum of 7 to 8 hours of sleep. Adapt the routine to suit your needs.

Take Action

- Download the worksheet PDF and watch the video.
- Comment in the group, Journal, and ponder with a friend.
- Empowerment Program Participants Group
<https://www.facebook.com/groups/329320037979757/>

Notes