



INCREMENTAL
Health

**Sleep Optimisation
Guide**

SLEEP GUIDE

Everyone seems to be in a rush these days. So I'll offer you an easy option (don't take it).

If you're in such a rush that you can't spend 10 minutes learning about all things sleep then scroll to PAGE 8 for the sleep improving tips.

BUT, if you really want to improve your understanding of sleep and your overall health, I strongly encourage you to read on throughout this guide for some awesome information that some "sleep experts" would charge you £1000's for.

It may just be the exact thing you needed to get your health back on track, allowing you to feel, look and think to your fullest potential!

SLEEP GUIDE

SLEEP IS KING

You are probably bored to death of hearing about how important sleep is, but that's for good reason.

Yes, sleep is super important for recovery, feeling rested and your day to day energy levels. But, that is only a fraction of its true impact on your health.

Poor sleep also has an enormous effect on all your different hormonal systems. Just 1 night of poor sleep negatively impacts over 700 genes and can completely change your relationship with food, your stress management and your mental health the next day.

The impact of consistent poor sleep is the number 1 health risk, and therefore the number 1 thing to focus on for health improvements.

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Some of the unknown issues related to poor sleep are:

Cravings & appetite regulation: Poor sleep disrupts the hormones Leptin and Ghrelin which are responsible for the control of hunger and satiety, along with Insulin which controls blood sugar. When these systems are disrupted your body finds it much harder to regulate blood sugar, control appetite and manage hunger. This will make it much harder to maintain health eating habits.

In many cases, repeatedly making poor food choices is not a case of poor willpower but merely your body and your hormones playing tricks on you due to poor sleep.

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Some of the unknown issues related to poor sleep are:

Mood disorders: Poor sleep isn't just about feeling tired. If you're someone who experiences unexplained or uncontrollable mood changes, this could be a sign that your sleep quality is poor.

Poor sleep alters over 700 genes in your body, this has a dramatic affect on mental health as well as physical health.

Memory, Focus or Concentration issues: Your struggles to concentrate, focus or memorise things isn't a caffeine deficiency. Poor sleep is the key factor in these mental performance downfalls.

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So what is **QUALITY SLEEP**?

Good sleep is not just about how long you have slept for. 8 hours sleep doesn't guarantee that you are well rested.

While you're sleeping, you are continuously transitioning in and out of different stages of sleep.

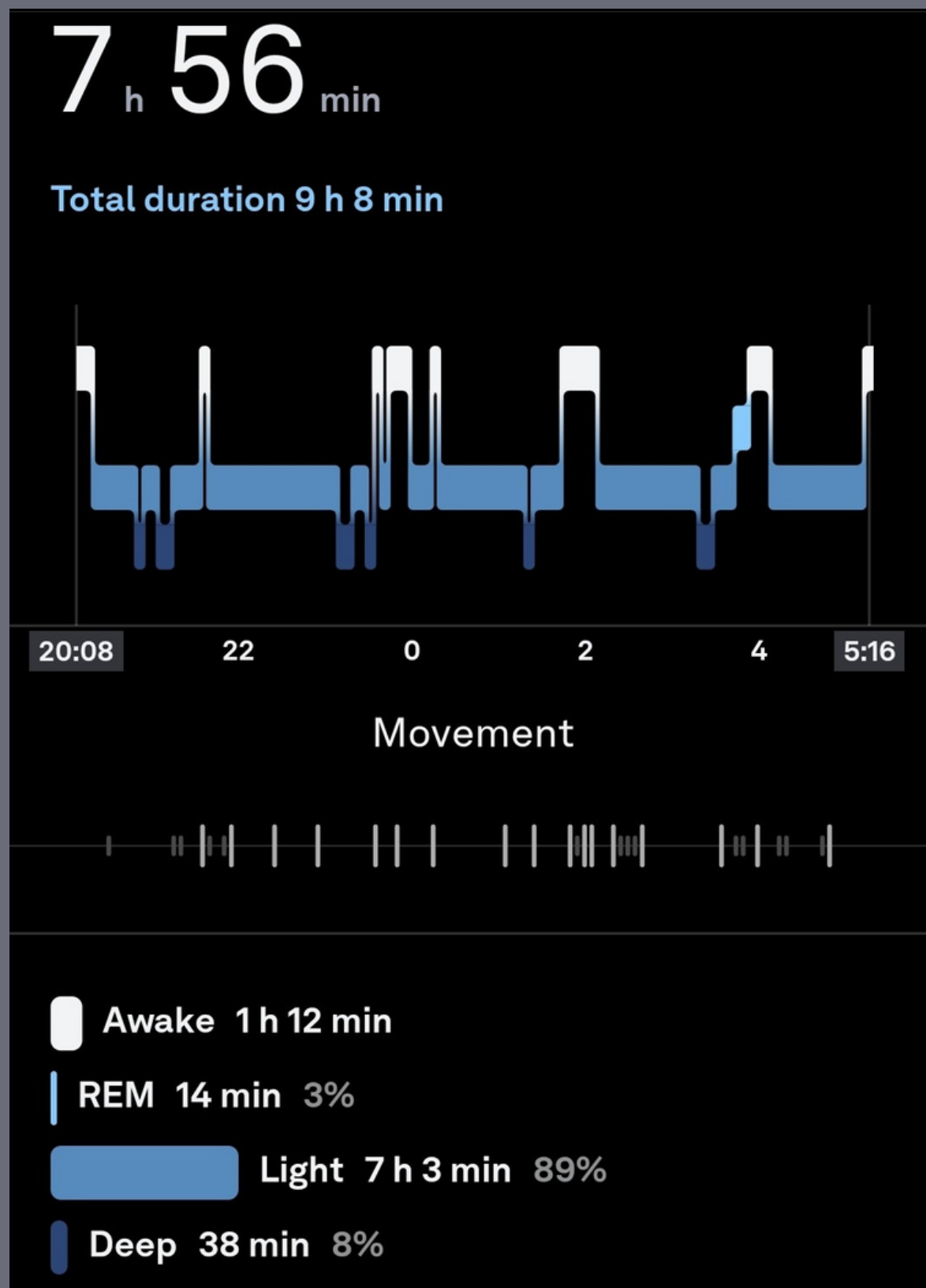
Deep sleep, REM sleep (rapid eye movement) and Light sleep.

These transitions are known as "sleep cycles". Each cycle lasts around 90 minutes. Each cycle looks slightly different as the amount of time spent in Deep sleep and REM sleep changes throughout the night,

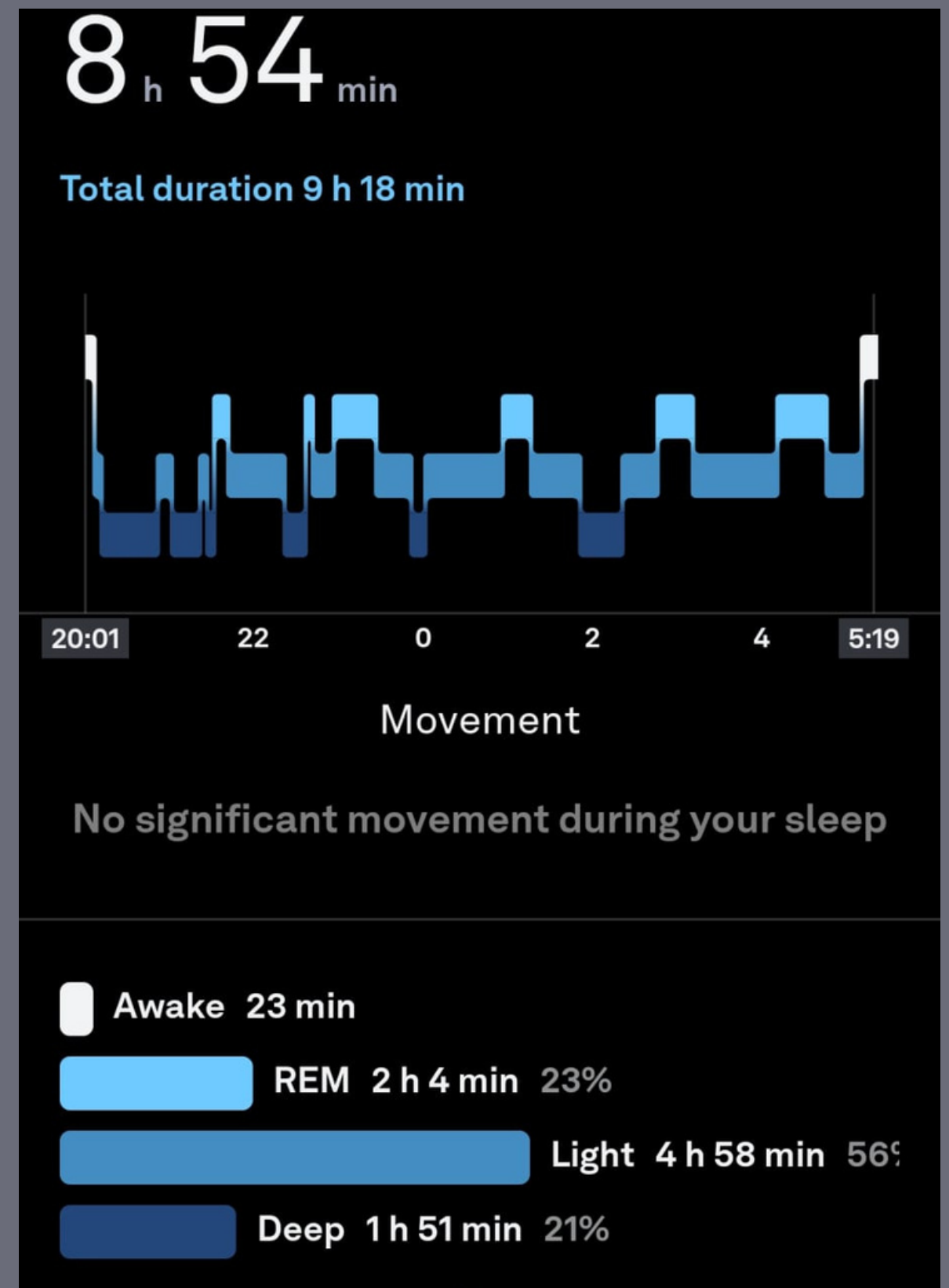
If you spend most of the night in light sleep, and/or don't spend long enough in Deep sleep or REM sleep then your mind and body won't be fully rested and restored the next day.

SLEEP GUIDE

Examples of sleep cycles showing how being asleep 9 hours doesn't guarantee good sleep quality and rest.



9 hours of poor quality sleep. Low deep and REM sleep, lots of light sleep and time spent awake. Lots of movement events



9 hours of quality sleep. Good deep and REM sleep cycles. Low awake time and no movement.

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Before we dive in to the things that truly improve your sleep, let's look at some things which are claimed to deliver that perfect night sleep but are not going to help long term.

Sleep aid medications: These “sleeping pills” offer very little in the pursuit of improved sleep. They “knock you out” giving you the illusion of improved sleep but they're heavily compromising the quality of your sleep.

Alcohol and other sedative drugs: Similarly to sleeping pills, these types of substances make you drowsy but actually WORSEN your sleep quality.

Fancy Pillows or Mattresses: The best most expensive pillows or mattresses in the world aren't going to improve your sleep if you're not getting the fundamentals right

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So what does improve your sleep?

A healthy Circadian Rhythm: Aligning your body with the natural light/dark cycle of the sun. Getting natural sunlight early in the morning will set your rhythm for the day and make going to sleep much easier at night.

Keeping a consistent Sleep/Wake schedule, even on weekends:

Going to sleep and waking up at the same time every day is absolutely key. It allows the release of all your different hormones to be on a regular schedule leading to consistent energy and mood.

Ever felt jetlagged on Monday or Tuesday? That's your hormones playing catch up from a messed up sleep schedule on the weekend.

Working on your nervous system: If your nervous system is on edge, you're holding on to stress or tension in the body then your heart rate will be elevated, your brain slightly alert and your sleep will be hugely effected.

Using tools such as Breathwork or Meditation both throughout the day and before bed well help to calm the nervous system and put your body in a better state for quality sleep.

SLEEP GUIDE

So what does improve your sleep? continued...

The right sleep environment: This is a huge factor most people miss. The room must be completely dark, cool (18 degrees) and silent. Any light or noises will disrupt your sleep quality. Use Blackout Blinds and/or a sleep mask if needed along with Ear plugs. Use electrical tape to cover and small lights from appliances that can't be turned off.

The right pre-sleep routine: Building a healthy pre-sleep routine can really help with sleep quality. Spend the hour before bed winding down and relaxing. Reading books or light breathwork is great for this.

Avoiding bright lights and screens for 1 hour before bed: Blue light suppresses melatonin, the sleep hormone. Delaying the release of melatonin by looking at screens or using bright lights before bed not only makes it much harder to fall asleep but also disrupts the quality of your sleep cycles.

Use Lamps with red/amber bulbs or blue light blocking glasses:

To help manage the exposure to blue light before bed, try using lamps instead of big lights, swap bright bulbs for amber/red or even use a good quality pair of blue light blocking glasses to protect yourself from blue light before bed.

SLEEP GUIDE

So what does improve your sleep? continued...

Manage your exposure to Electro Magnetic Frequencies (EMF's):

Turn off your WiFi router at night, charge your phone outside of your bedroom and turn off all electronic devices in your bedroom. EMF's emitted by these devices seriously disrupt your sleep quality.

Try not to eat within 2 hours of going to bed: Eating too close to bed will mean your digestive system is still working to process food when you're trying to go to sleep. When your body is still undertaking these other processes, your brain won't be getting the signals it requires to start preparing for sleep. Making it harder to fall asleep and reducing sleep quality.

Avoid Caffeine within 8 hours of going to bed: Yes that drug we all know and love, Caffeine. No matter how much you think it doesn't affect your sleep, the fact of the matter is, IT DOES. You may fall asleep fine after your evening cuppa but I can assure you that your sleep quality is suffering. (don't hate me, just facts).

SLEEP GUIDE

So what does improve your sleep? continued...

Address your Breathing: If you are mouth breathing or snoring at night you will wake up feeling terrible with a dry mouth and fuzzy brain. Your brain isn't getting the oxygen it needs to function if your breathing is poor at night or during the day.

Working on your breathing habits during the day will vastly improve how you breath at night resulting in a more restful sleep and improved cognitive function the next day.

Get a bigger bed: Yes if you sleep with a partner you need a super king sized bed if possible. Normal double beds just don't have enough room for 2 people to have quality uninterrupted sleep.

SLEEP GUIDE

There you have it, a fairly comprehensive sleep guide.

So what now?

You can take this information and try to apply it to your routine and see if it makes any positive changes to how you sleep or feel. If you have any success I'd love to hear about it!

Do you want some personalised sleep recommendations specific to your current schedule or life situation?

Or would you like to take a deep dive similar to this into other areas of your lifestyle such as nutrition, movement, stress management, breathing, supplementation or functional bloodwork?

If yes then please book a FREE call using the link below to discuss any questions, goals or ambitions you may have with your health!

<https://tidycal.com/incremental-health/free-consultation>

SLEEP GUIDE

Lastly.....

Please share this sleep guide with anyone who you think may benefit or find it interesting.

It's super easy to share, just copy this link and paste it in a message to them.

<https://incremental-health.involve.me/free-sleep-guide>