ONE PAGE SUMMARY

Lifestyle & Hobbies › Sleep Improvement › Sleep and Stress

Beginner lessons for Sleep and Stress

Master Sleep to Reduce Stress Effectively!

DEFINITION

> Sleep is a natural state of rest that helps restore the body and mind. Stress is a reaction to challenges that can disrupt sleep quality.

KEY CONCEPTS

Sleep Stages

Sleep consists of different stages, including REM and non-REM, crucial for recovery.

Stress Response

Stress triggers a fight-or-flight response, affecting sleep patterns and overall health.

Sleep Hygiene

Good sleep hygiene includes habits that promote consistent, quality sleep, like a bedtime routine.

Relaxation Techniques

Methods like deep breathing and meditation can help reduce stress and improve sleep.

Caffeine and Sleep

Caffeine can disrupt sleep if consumed too close to bedtime, increasing stress levels.

EXAMPLES

→ Establish a calming bedtime routine to signal your body it's time to sleep.

→ Practice deep breathing exercises for 5 minutes before bed to ease stress.

→ Limit caffeine intake after 2 PM to improve nighttime sleep quality.

MEMORY TIPS

★ Remember 'SLEEP' for Sleep Hygiene: Schedule, Limit screens, Environment, Eat light, Prepare.

★ Use the acronym 'REST' for relaxation techniques: Relax, Exhale, Silence, Think positively.

★ Visualize a calm beach scene to associate relaxation with sleep preparation.

COMMON MISTAKES

✗ Staying up late on weekends disrupts your sleep cycle.

✗ Using screens right before bed can hinder sleep quality.

✗ Ignoring stress management techniques can worsen sleep issues.

QUICK RECAP

Quality sleep is essential for managing stress effectively. Implementing good sleep hygiene and relaxation techniques can significantly enhance your sleep quality and reduce stress levels.