



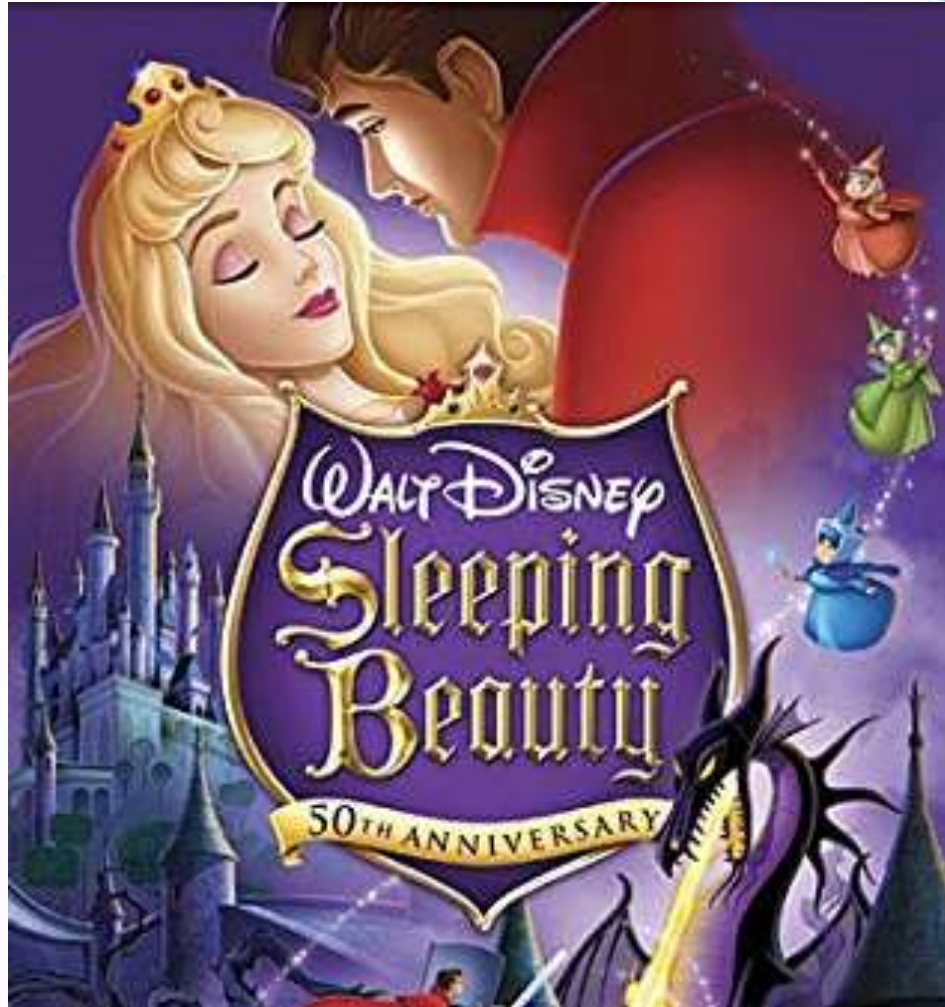
How to Optimise your Sleep and Stress in Challenging Times



Holistic Movement Coach

www.hm-coach.com

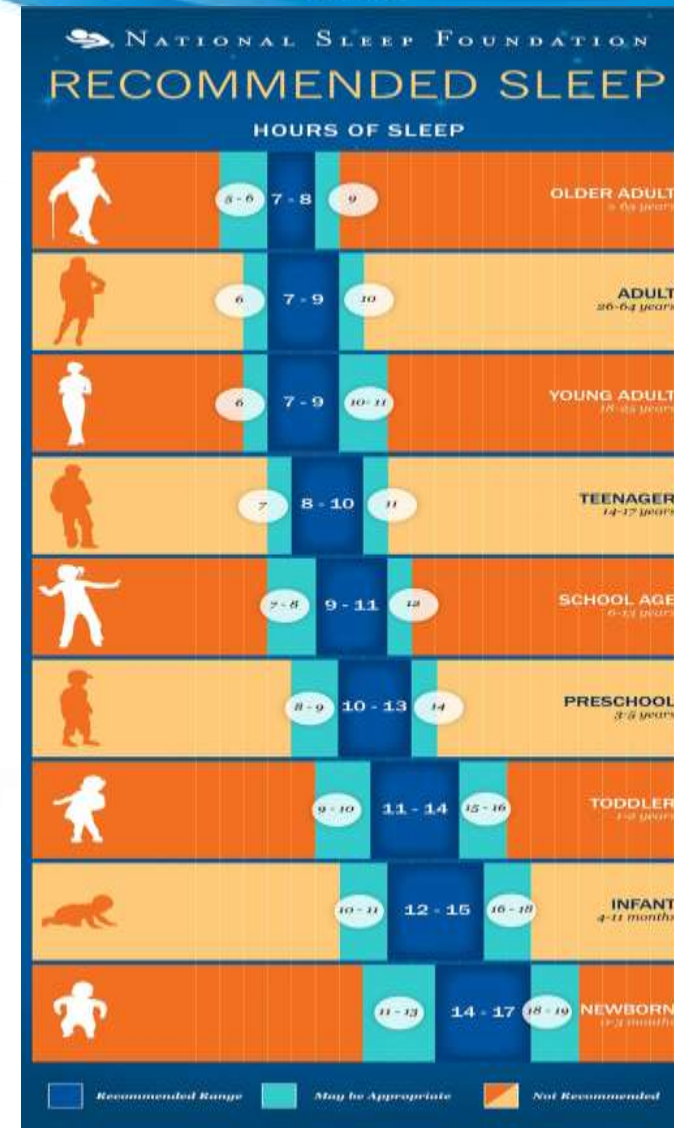
Sleeping Beauty – The other version...



How much sleep do we really need?



- Quantity vs quality
- National Sleep Foundation Review (2015)
- Recommended *windows*
 - not exact amounts



How much sleep do we really need?



Questions to take in to account with recommendations

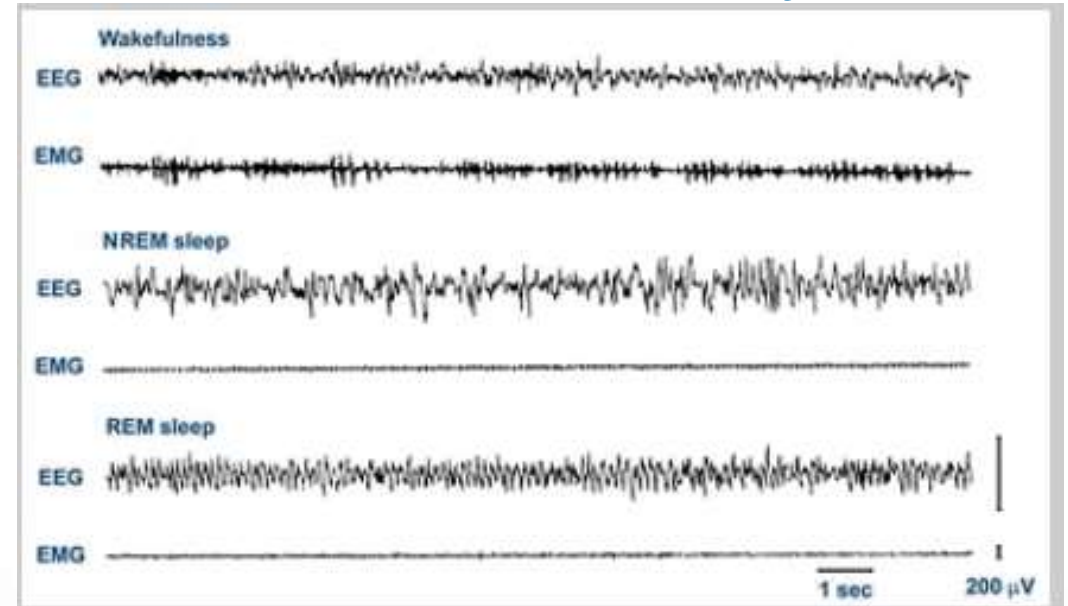
1. Are you productive, healthy and happy on the amount of sleep?
2. Do you have health issues (this includes being overweight)?
3. Are you at risk for any disease?
4. Are you experiencing sleep problems?
5. Do you depend on caffeine to get you through the day?
6. Do you feel sleepy when driving?

Sleep Cycles



Two broad types of sleep

1. Rapid eye movement (REM) sleep
– active sleep
2. Non rapid eye movement
(non-REM or nREM) – quiet sleep

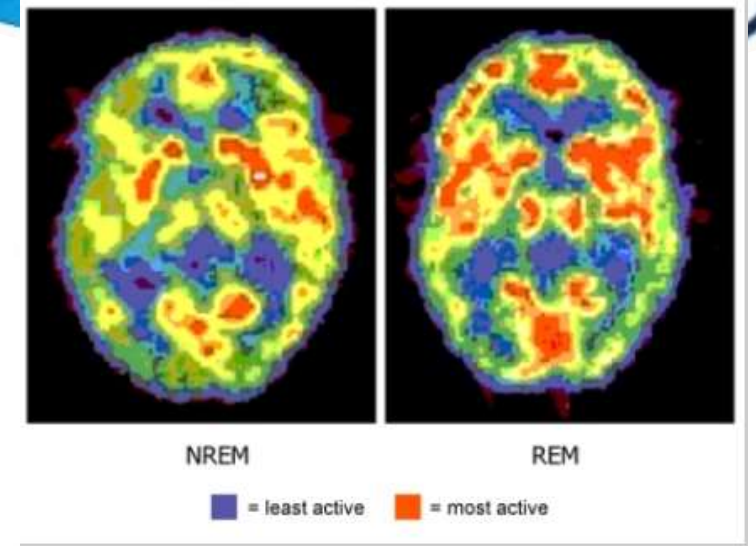


Cycles of Non-REM to REM sleep are repeated 4-5 x/ night

Sleep Cycles



- REM sleep
 - Vital for children - development
 - Emotional reset, creativity
 - Integration of new information



- NREM sleep
 - Storage of new information
 - Physical repair

Biohack Mania



Are you bio-hacking to make up for poor lifestyle choices?



Where to start with Sleep?



...It's as clear as night and day



Day is light - Night is dark!



Dark:

- Full moon: 0.2-1 Lux
- Living room: 50 Lux

Light:

- Office light: 300-500 Lux
- Outside light: 10000-100000 Lux



Light has Changed...



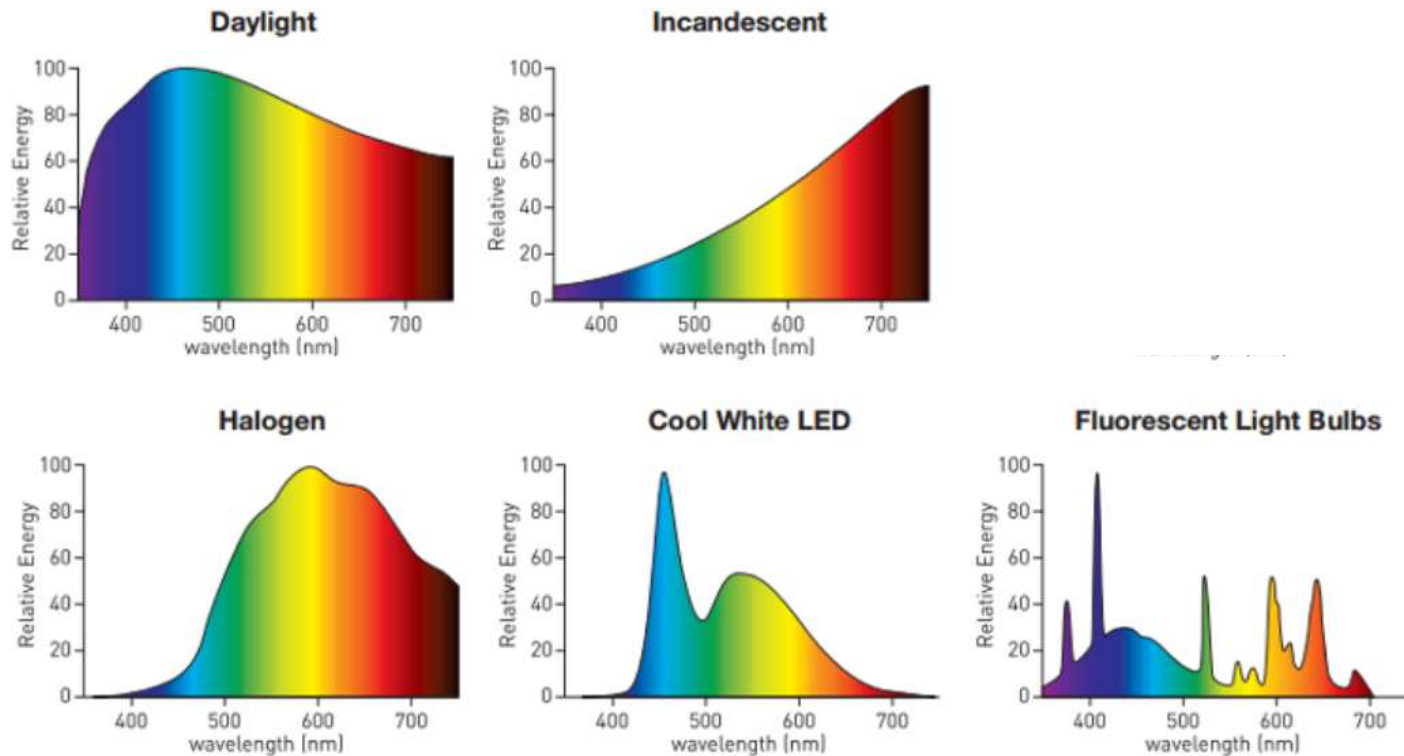
- Most artificial light peaks in 380-495 nm range

Color	Wavelength	Frequency	Photon energy
violet	380–450 nm	668–789 THz	2.75–3.26 eV
blue	450–495 nm	606–668 THz	2.50–2.75 eV
green	495–570 nm	526–606 THz	2.17–2.50 eV
yellow	570–590 nm	508–526 THz	2.10–2.17 eV
orange	590–620 nm	484–508 THz	2.00–2.10 eV
red	620–750 nm	400–484 THz	1.65–2.00 eV

Light has Changed...



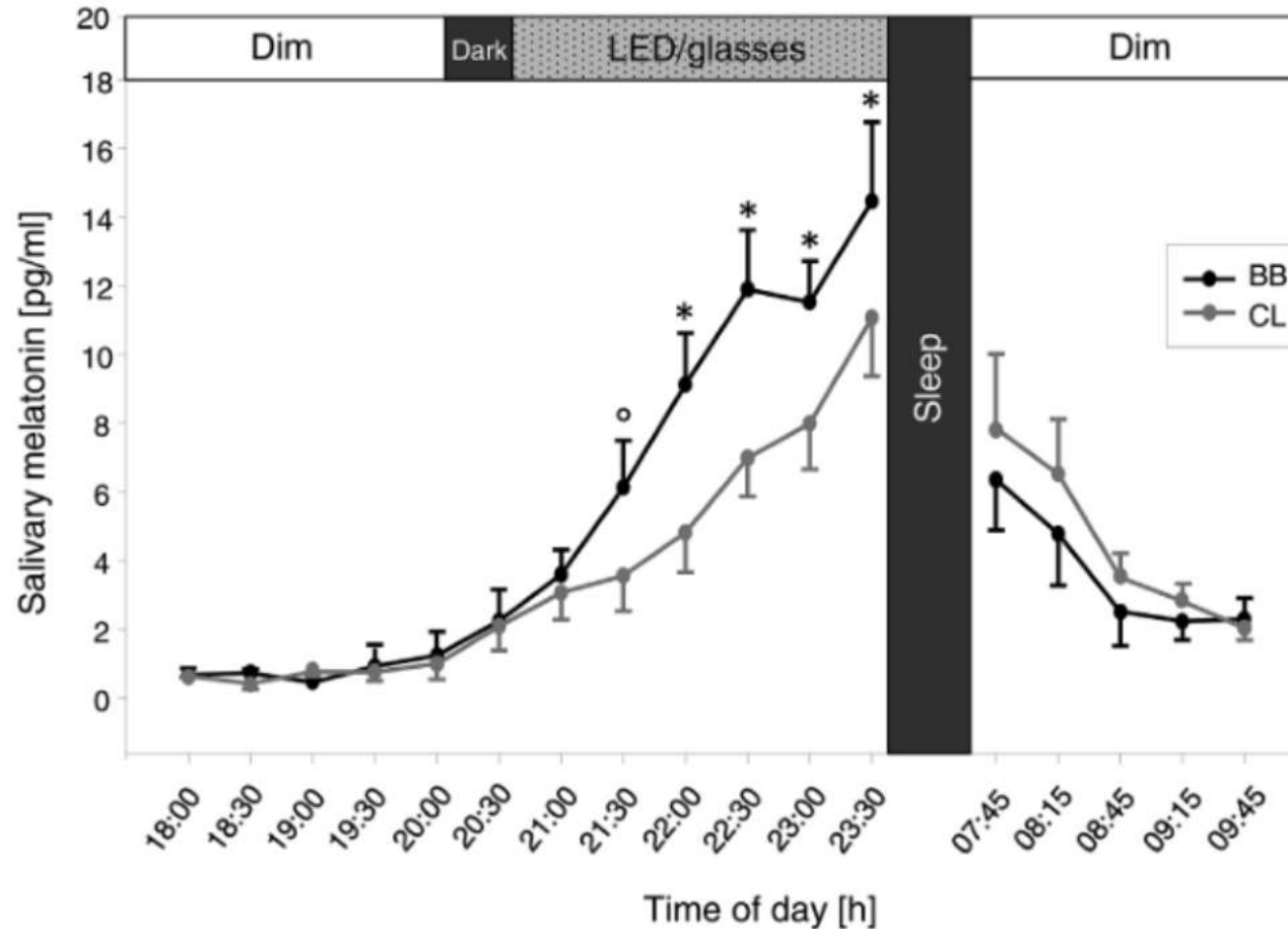
- Full spectrum light vs artificial light
- We are getting too much violet, blue, and green light



Blocking Blue Light



Does blocking blue light really make a difference?



Night Time Solutions



At night we need to *block blue light* and *reduce light intensity*

- Wear blue light blocking glasses at night
- Screens
 - Reduce screen time 2 hrs before bed
 - Use blue light filter apps – some debate on effectiveness
- Reduce light intensity
 - Dim your lights at night
 - Use incandescent bulbs
 - Red lights
- Sleep in the dark

How to Measure Sleep



Questionnaires

- PSQI – Pittsburgh Sleep Quality Index
- Sleep diary

How to Measure Sleep



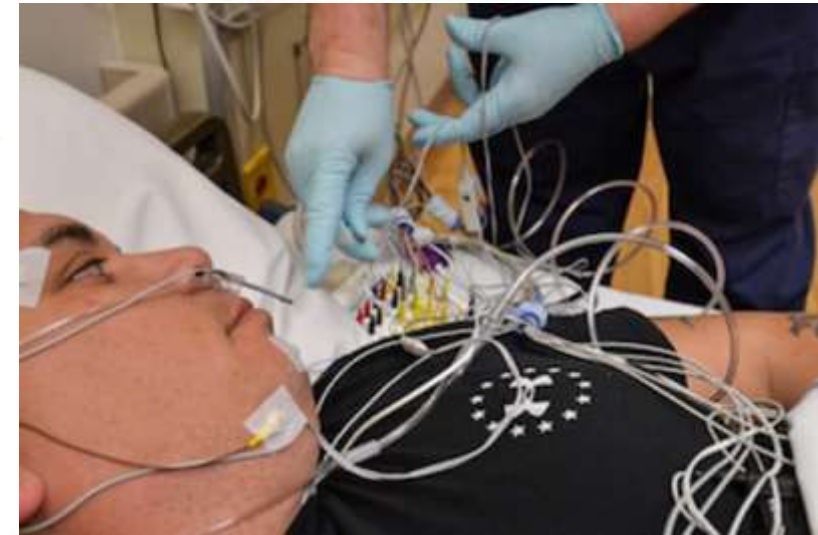
- Polysomnogram
 - measures physiological activity when sleeping
- Hypnogram – describes sleep patterns (cycles)

How to Measure Sleep



Sleep actigraphy

- Use of accelerometers to detect movement
- Movement = awake, lack of movement = sleep
- Some companies claim that they can provide detailed sleep quality measures with actigraphy



How to Measure Sleep



MVPs: Oura and Night Shift



Improving Sleep Steps



Step 1 – Measure Sleep

- Questionnaires, wearable technology
- Assess any changes you make

Step 2 – Develop Routines

- Sleep Hygiene
 - Dark
 - Quiet
 - Calm
 - Cool 18-20°C
- Create a bedtime routine



Improving Sleep Steps



Step 3 – Get light right

- Add light – 30 minutes up to and around lunchtime is “ideal”
- Dim lights after dusk
- Use of red/salt lamps and candles
- Blue light blocking glasses



Improving Sleep Steps



Step 4 – Hormonal helpers

- Use of exercise (preferably am, outside)
- Food (regular times)



Improving Sleep Steps



Step 5 – Supplements and aids

- Physical aids – airway is a priority
- Magnesium threonate – relaxation of CNS
- Sour cherry – increases melatonin
- Lavender oil – CNS relaxation 80mg/day / aromatherapy
- Valerian root (300-900mg/day)

Sleep Well!



Self Care



- Get your self care routines cemented in
- Gratitude
- Compassion – who can you help?
- ↑ social connection to make up for ↓ in physical connection
- Who can you connect with today?

STEP 1: Self care and care of others



How are you reacting to stress?



- Freeze
- Flight
- Fight



STEP 2: Start fighting: Take action NOW

Step Up and Be a Leader



A crisis is either an excuse for mediocrity or an opportunity for excellence

Step up!



- Watch what goes in your mouth... and your head
- You are health leaders – step up and get sorted
- Your family, team, customers are looking to you for leadership
- Now is not the time to shrink into your shell and succumb to fear
- It is time to step up and be a leader



“
EVERYONE AROUND YOU IS WATCHING
YOU. COUNTING ON YOU TO BE THE
LIGHT IN THE DARKNESS.”

DARREN HARDY




BE THE EXCEPTION

Be Better than Before COVID-19



- Short term challenges will not jeopardise my long term goals
- What are your values?
 - Does your week (still) reflect your values?

STEP 3: Know your values and plan your week to reflect them

Fear

- Fear is a gift of energy and heightened awareness
- Once you start doing the thing you fear, fear is used for its real purpose (extra energy)
- We use this extra energy and fear disappears



Lessons from COVID-19



What will you learn from this situation?

1. We would be more alive if we did more of this
2. Life would be more lovely if we did less of that

STEP 4: What will you learn?



ExPRO Goodies



1. Email me for a copy of PSQI and sleep diary
admin@hm-coach.com

- Name
- City

[2. HMC Blue Light Blocking Glasses](#)

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