

## *Sleep and Exercise*

Regular exercise promotes good sleep. This is one of the most important ways to promote healthy sleep.

Moderate or vigorous exercise should not be done within 3 hours of sleeping, while relaxing exercise (such as yoga) can be done before bedtime.

**Try these three relaxation stretches before bed!**



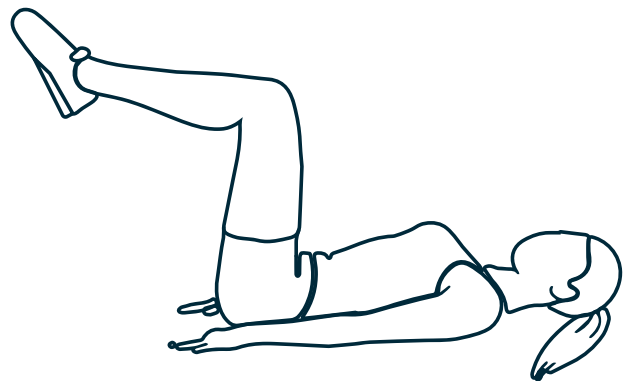
Practice relaxation exercises and/or breathing to signal your body it's time to slow down



**Child's Pose**

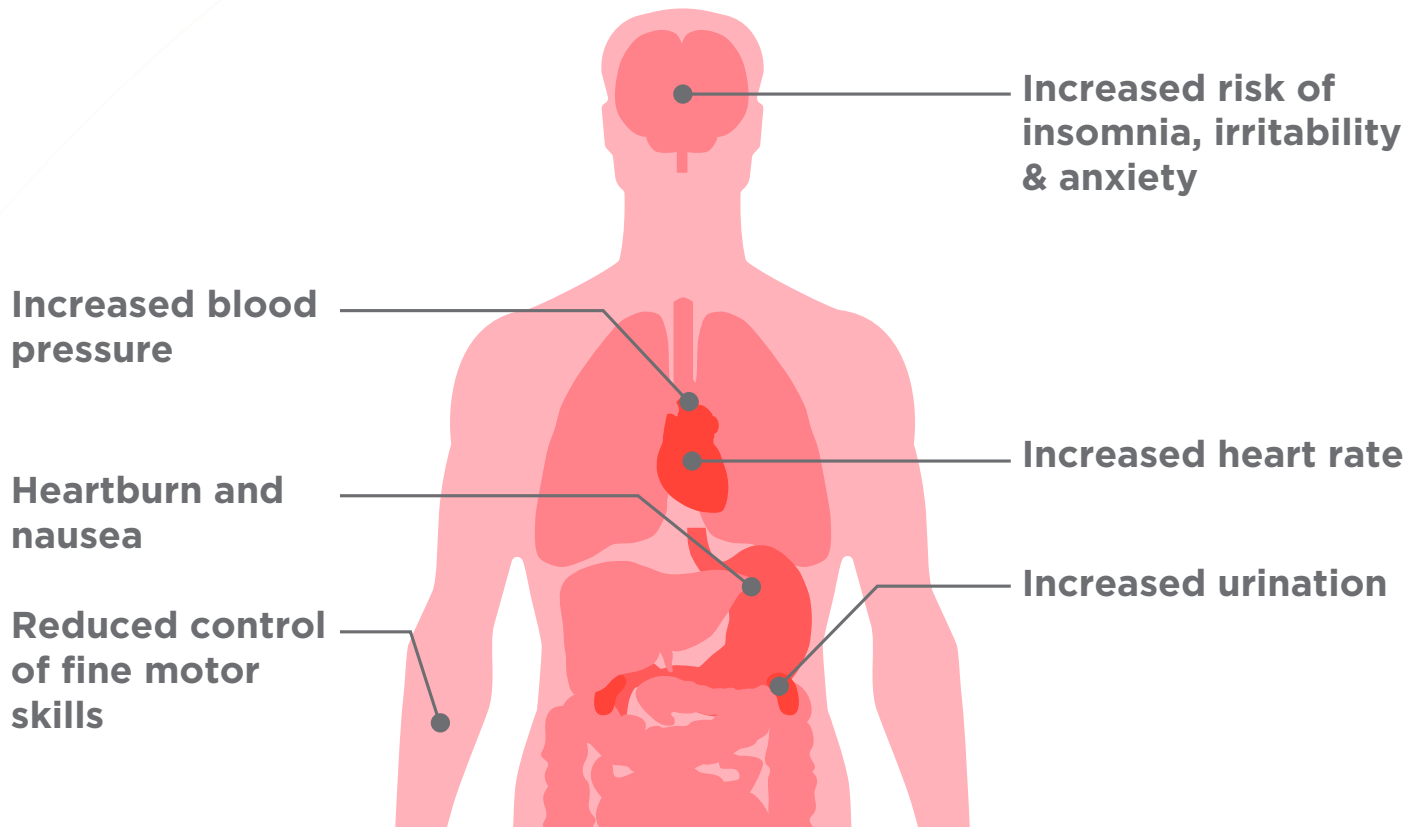


**Supine Twist**



**Elevated Legs**

## *Effects of Caffeine on the Body*



## **Facts About Caffeine and Sleep:**

- There is no nutritional need for caffeine.
- Caffeine can have a stimulating effect within 15 minutes of entering the body.
- It can take up to six hours for one half of caffeine consumed to be eliminated.
- Caffeine may lead to physical dependence.
- In moderate doses, it can increase alertness, cause headaches, nervousness, and dizziness.

## *The Importance of Sleep*

The current trends in mass sleep deprivation have become a major health issue and a public health epidemic.

The continual engagement with screen devices (digital toxicity) at night, impacts the production of melatonin and rewires the brain for stress, increasing the risk of insomnia.

The fatigue of sleep deprivation impairs cognitive ability and performance.



### **Question:**

Are you exhausted, drained, irritable and feeling disconnected?

### **Goal:**

Be well rested, focused, energetic and personally and professionally productive. Sleep!