

TIP #

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WHAT'S YOUR ROUTINE?



A lack of sleep is quickly turning into a public health crisis. This makes getting enough sleep more important than ever. Promoting healthy sleep behaviors enhances performance and allows you to experience life fully alert, engaged, and awake. Having a bed time routine is one great way to get a better night's sleep.

WHY DO WE FALL ASLEEP?

WE FALL ASLEEP FOR TWO REASONS:

- A biological need for sleep...averaging 7-8 hours each day for adults.
- A biological response to dark...darkness triggers melatonin (sleep hormone).

HUMANS ARE DIURNAL

We are biologically designed to be AWAKE during the day and ASLEEP at night.

WE HAVE A BIOLOGICAL CLOCK

Our biological clock must be respected if we want to feel less sleepy upon awakening not to mention refreshed and restored.



SLEEP ROUTINES WORK

Individuals regularly getting high quality sleep often have a sleep ritual.



A sleep ritual is a routine that helps the mind and body wind down at the end of the day in preparation for a good night's sleep.

Studies demonstrate that the use of a consistent bedtime routine contributes to improvements in multiple aspects of sleep.

The establishment of a nightly bedtime routine produces significant reductions in problematic sleep behaviors for infants and toddlers.



Significant improvements are seen in:

- Latency to sleep onset
- Number/duration of night wakings
- Sleep continuity increases
- There is a significant decrease in the number of mothers who rate their child's sleep as problematic.

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People with a good sleeping routines and who get enough sleep have:

- Higher Concentration Levels
- Increased Energy
- Better Memory

SLEEP ROUTINES WORK



A bed time routine is a great way to increase the quality of your sleep. Make sure you check out all of Zesty Sleep's 10 simple tips for a better night's sleep!