

# What Happens With Sleep

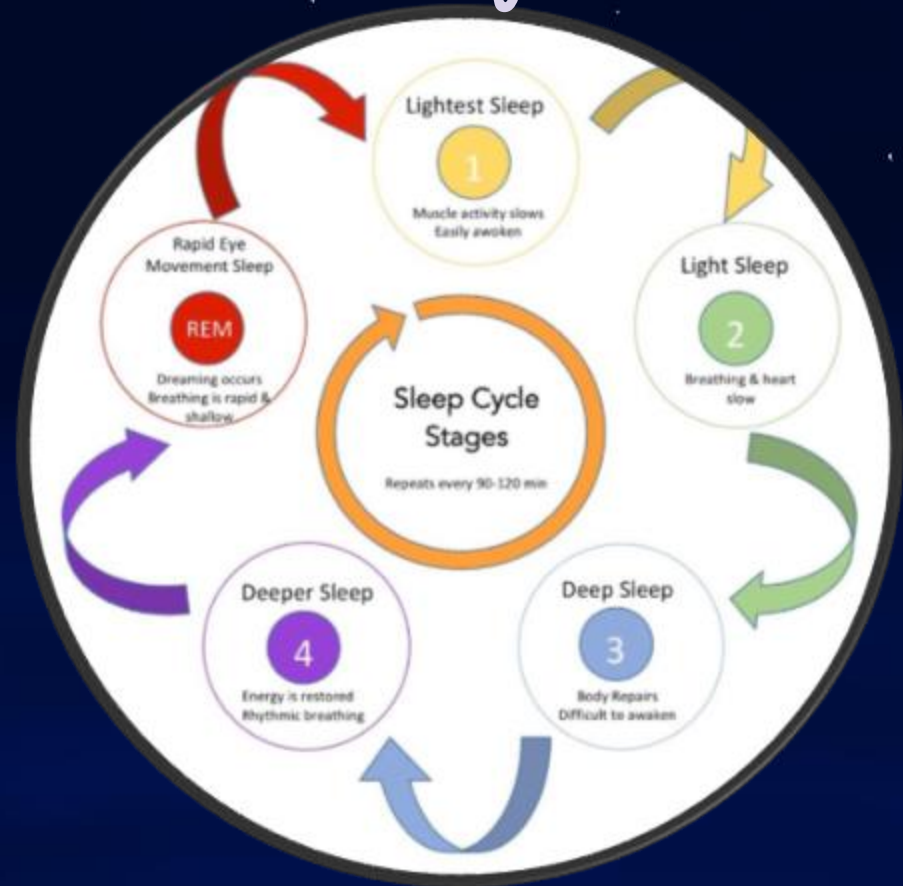
**NREM STAGE 1:** You are just starting to fall asleep (so may feel drowsy). You can be easily awoken here.

**NREM STAGE 2:** Your eye movement stops. Your brain waves slow down. 50% of our sleep time is here.

**NREM STAGES 3 & 4:** Deeper sleep  
Body repairs and regrows tissue. We can feel disorientated if woken during these stages

**REM STAGE 5:** Most dreams happen here as our brain shows some activity. You may also begin to feel hot or cold as we are not able to regulate temperature here.

**REPEAT!**



# Top Tips!

- Try to keep to a regular sleep routine
- How are we using our beds?
- Timing our food and drinks
- Exercise in good time too
- Blue-light Filter is real!
- Bedding
- Clock-watching
- Noise
- Relax and Wind-Down
- Journaling
- Just 15 minutes...

**AVOID**



Screens 1 hour before bed    Alcohol, tobacco, Heavy meals caffeine and sugar at night right before bed    Daytime naps    Stressful surroundings    Heavy exercise 2 hours before bed

**DEVELOP GOOD BEDTIME HABITS**      **CREATE AN IDEAL ENVIRONMENT**



Regular bedtime    bath tub and book    Soothing contact with people or pets    Reduce light    Comfortable bed and surroundings    Weighted blanket    Soothing background noise