**Sleep Hygiene**

**Sleep**

* Everyone’s sleep needs vary, most healthy adults need eight hours of sleep
	+ Some can function with as little as six, some need as much as ten
* Stress is the number 1 cause of short-term sleeping difficulties
	+ Use the stress management techniques we learned in class a couple of weeks ago

**How Does Lack of Sleep Affect Your Body**

* Chronic sleep deprivation may cause weight gain by affecting how your body processes and stores carbohydrates and alternating the hormones that regulate appetite
* Stresses your body, and increases your cortisol levels

**How Exercise Can Improve Sleep**

* Those who exercise report better sleep than non-exercisers even though they say they sleep the same amount—they have better quality mistakes
* Vigorous exercisers report the best quality of sleep
* Those who report exercising close to
* Make sure your sleep pattern is consistent, your peak performance occurs at the same time every day, which is normally the first thing in the morning

**Creating a Healthy Sleep Environment**

* Establish and consistently follow a regular relaxing bedtime routine
* Associate your bed with sleep, do not use your bed for activities such as reading, homework, talking on the phone watching movies/TV
* Dimmer the lights at least an hour before going to sleep
* The sleep environment should be pleasant and relaxing, the bed should be comfortable and the room should not be too hot or too cold
* Avoid stimulants such as caffeine, nicotine, and alcohol too close to bedtime
	+ Caffeine has a half-life of 6 hours, so 6 hours so 6 hours later, half the caffeine is still running through your system
* Ensure adequate exposure to natural light, Light exposure helps maintain a healthy sleep-wake cycle

EXERCISE

This is a compiled list of almost every exercise we have used at CTL. To make sure you know what they are and how to perform them, go through the list and practice each one, paying attention to your technique.

* Squats (20)
* Bicycles (24)
* Super mans (15)
* Ice skaters with row (45 seconds)
* Criss cross crunches (25)
* Scissor kicks (20 on each)
* Butt kicks (45 seconds)
* Arms up with twist (45 seconds)
* Side planks (15 on each side)
* Wide squats (20)
* Standing scissor kicks (30)
* Jump rope (45 seconds)

**WALK AROUND FOR 4 LAPS AND GET WATER**

* Planks (30 seconds)
* Normal crunches (25)
* Squats with sidekicks (14)
* Lunges (30)
* Russian Twists (20)
* High knees (45 seconds)
* Cross country ski (45 seconds)
* Mountain climbers (20)
* Bridges (15)
* Jumping jacks (45 seconds)
* Arm Circles (20 forward and 20 back)
* Side shuffles (45 seconds)
* Swimmers (24)

**SLEEPING TECHNIQUE**

Get into a comfortable position and close your eyes. Take a deep breath and while exhaling, mentally recite the word "falling" three times, while picturing the word in your mind. Now take another deep breath and while exhaling, mentally recite the word "asleep" three times, while picturing the word in your mind.

Now, picture yourself sitting comfortably in the sand on a beautiful beach, your hands at your sides. You are facing the ocean. The temperature is perfect. The sand is white, soft and warm. The water is sparkling blue. There is a slight breeze, just strong enough to lightly move your hair, yet gentle enough to not move the grains of sand. Feel the breeze. Smell the sweet aroma of your favorite soothing scent on the breeze. Draw your attention to the tide. It is very calm, lightly lapping the shore every ten seconds. You cannot see the sun, although you can feel it's warmth and see it's light.

Now, mentally picture scooping up sand in your left hand. Hold it out in front of you, just to your left. As the tide lightly laps the shore, slightly spread your fingers and while counting backwards slowly from 10 to 1, allow the sand to fall through your fingers. Feel the dry grains as they pass through, between each of your fingers. Allow the last of the grains to fall as you reach the number "1" and hear the tide gently lap again.

Now, lower your arm and while counting backward again from 10 to 1, scoop up some sand in your right hand and mentally raise it out in front of you and just to your right. Pay attention to every detail. The breeze, the way the sand feels in your hand, the warmth. Now, as the tide gently laps again, slightly spread your fingers and begin to let the sand fall slowly while counting down again.

Repeat these steps until you fall asleep. Remember to concentrate on every detail with all of your senses.