

Hack Your Sleep

Learn to sleep and boost your brain!

Recharge Your Brain

Teenager Post # 15908
11 pm: I think
I might go to bed
early tonight
3 am: lol

Sleep is a time for your brain to recharge. If you are sleep deprived, you and your brain will have a harder time dealing with everyday life.



Feel the Buzz

It takes up to 12 hours to fully clear caffeine from your body



Ring Ring

The blue light from your screen limits melatonin in your brain



Zen Moment

Meditate, journal, or replay your day to settle your brain

Sleep Solves Everything...

Well, maybe not, but getting sufficient sleep reduces anxiety, elevates mood, improves problem solving, and promotes a general sense of well being.

Start with the 3 Essential Tips below

Ideally we would get 8-8.5 hours of sleep a night. If you feel that amount of sleep is impossible, don't give up! Even increasing the amount of sleep you are getting by 30-45 minutes per night can help!

1

CUT THE CAFFEINE

Stop all caffeine intake after lunch to avoid interfering with sleep.

2

DITCH THE SCREENS

No phone, tablet, computer, TV, one hour before bedtime

3

WIND DOWN

Take the time to calm down before trying to fall asleep

Are you drinking caffeine?

Caffeinated beverages include: Pepsi, Coke, Mt. Dew, Dr. Pepper, Iced Tea, Coffee (including Frappuccinos!), Energy drinks (Monster, Red Bull), Barq's Root Beer, Sunkist Orange, and Sunkist Grape

Do you have enough melatonin?

Melatonin is a chemical made in your brain that helps you fall asleep. For thousands of years, the human brain used decreased light stimulation to signal the time to sleep. When we use our phones, tablets, and TVs late into the night, the light from these electronic devices tricks our brain into thinking it is still daytime and prevents melatonin production. No melatonin means you don't feel sleepy even though your body may be tired.

Have you moved today?

It is easy to go through the day without moving your body. Getting regular exercise helps your brain and body sleep at night.

Can you slow down your brain?

If your thoughts are racing, you probably won't be able to fall asleep. Like anything else, calming your mind takes practice. Once you turn off your screens in the evening, spend some of the next hour doing something to slow down your thoughts. You could write in a journal, meditate or pray, do some yoga, or spend a few minutes replaying the events of the day in your mind. Making a list or planning for the next day may help with any anxieties about tomorrow.

2-MINUTE JOURNAL

- Something I am grateful for today:
- The best thing that happened today:
- Something I did well today:
- How I could have made today better:
- How I'll make the rest of today great:

RESOURCES FOR WINDING DOWN

Phone/Tablet Apps:

Calm (iPhone/Android) Free!

Omvana (iPhone/Android) Free!

Smiling Mind (iPhone/Android) Free!

Breathe (iPhone/Android) Free!

Websites:

Yoga with Adriene (YouTube)

HOW TO FALL ASLEEP FASTER USING 4-7-8 BREATHING

1. exhale through the mouth
2. inhale through the nose for 4 counts
3. hold your breath for 7 counts
4. exhale through the mouth for 8 counts
5. repeat
6. sleep