



Sleep:

Enhancing Sleep Hygiene Through Breathing

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Understanding Sleep Hygiene

- Sleep Hygiene: Habits and practices that promote healthy, restorative sleep.
- Healthy Sleep Helps:
 - Repairing muscles and cells
 - Conserving and replenishing energy
 - Strengthening the immune system
 - Managing cortisol levels
 - New brain cell development

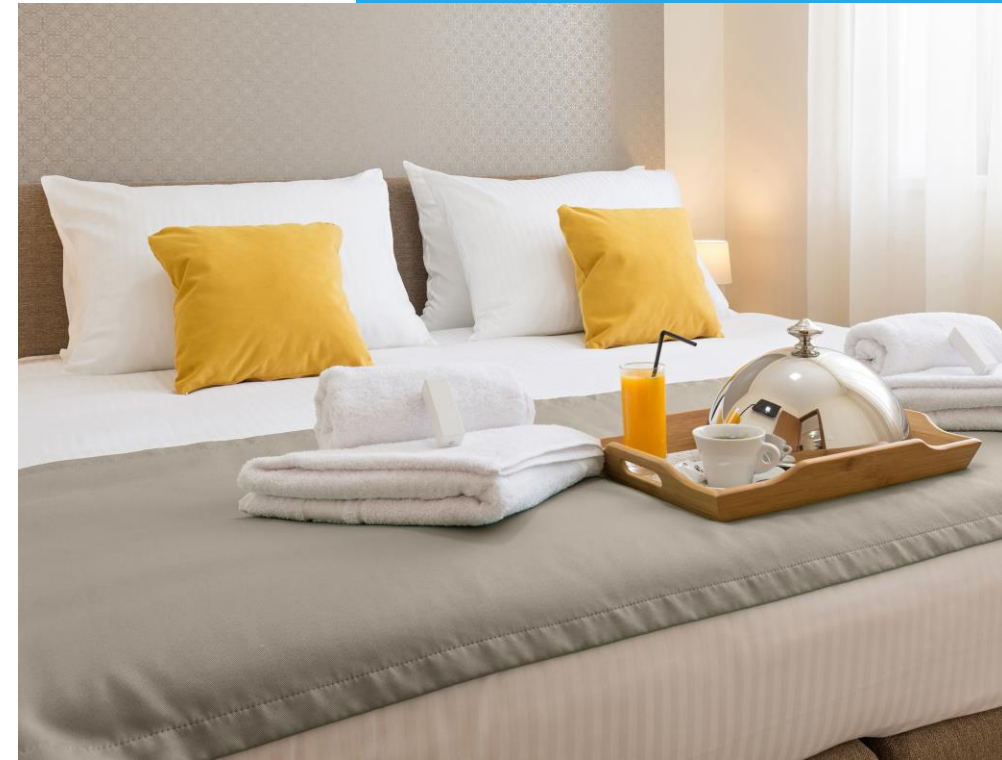


Understanding Sleep Hygiene

- Insomnia impacts about 30% of adults globally
- About 35% of adults report regularly getting less than 7 hours of sleep per night
- Sleep deprivation costs the US an estimated \$411 billion annually
- Sleep disorders are strongly linked to mental health disorders
- About 20% of all car crashes are associated with driver drowsiness. An estimated 6,000 fatal car crashes per year due to sleep deprivation

Understanding Sleep Hygiene

- Maintain a Consistent Sleep Schedule
- Create a Relaxing Bedtime Routine
- Design a Comfortable Sleep Environment
- Limit Exposure to Screens
- Limit Caffeine/Alcohol
- Limit Large Meals Before Bedtime
- Limit Exercising Right Before Bedtime



The Science of Breathing

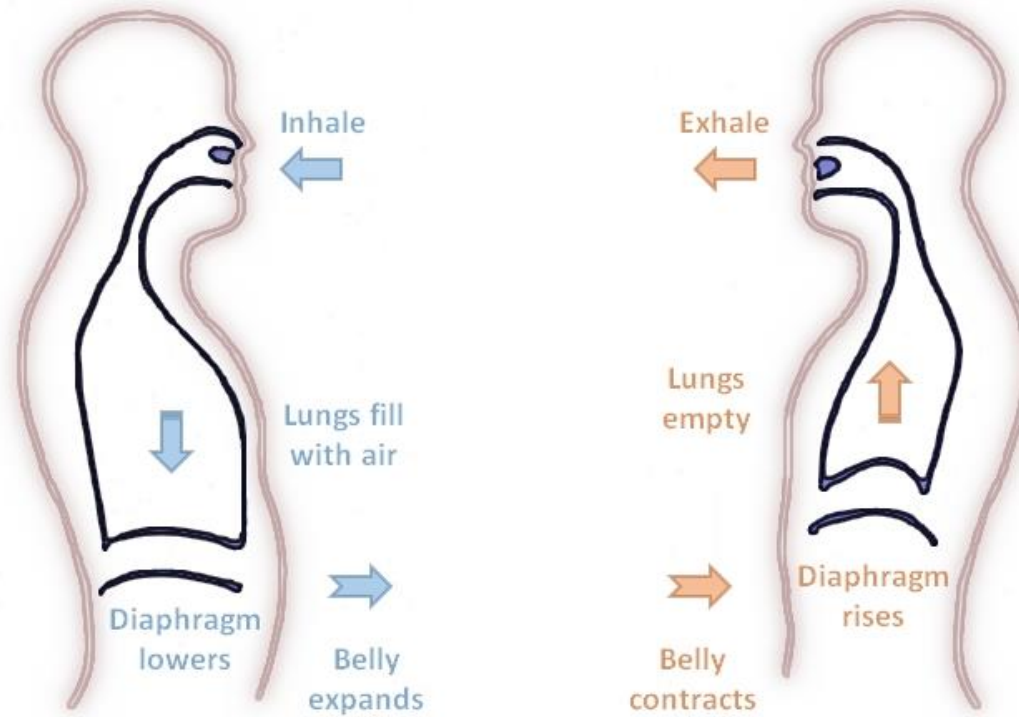
- Breathing deeply and rhythmically activates the parasympathetic nervous system, which is responsible for relaxation
- Deep breathing increases oxygen levels in the blood, leading to improved circulation and enhanced brain function
- Controlled breathing can help regulate heart rate and blood pressure, contributing to overall cardiovascular health

Mindful Breathing

- Research shows that mindfulness-based breathing practices can alleviate symptoms of anxiety, depression, and other mental health conditions
- Mindful breathing involves paying attention to the sensations of each breath, focusing on the present moment without judgment



Diaphragmatic Breathing











4-7-8 Breathing Technique

1. Place the tip of your tongue against the ridge behind your upper front teeth
2. Inhale through the nose for a count of 4
3. Hold breath for a count of 7
4. Exhale through the mouth for a count of 8



Progressive Muscle Relaxation

PROGRESSIVE MUSCLE RELAXATION

	Take 3 Deep Breaths
	Squeeze your foot for 5 seconds, Relax
	Squeeze your leg for 5 seconds, Relax
	Squeeze your stomach for 5 seconds, Relax
	Shrug your shoulders for 5 seconds, Relax
	Squeeze your arm & hand for 5 seconds, Relax
	Squeeze your whole body for 5 seconds, Relax
	Take 3 Deep Breaths

Daily Practice

- Morning Mindfulness
- Breathing Breaks
- Commute Breathing
- Bedtime Breathing



Key Takeaways

- Sleep is Vital to Mental and Physical Health
- Mindful Breathing is Proven to Aid in Stress Management
- Consistency is Key



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