

**THE POWER**

**OF**

**SLEEP**

**WHY IT'S SO IMPORTANT AND  
HOW TO GET MORE OF IT**

**CHICAGO FIT**  
P E R F O R M A N C E

# THREE SIGNS YOUR SLEEP HABITS AREN'T WORKING FOR YOU



1

## YOUR MIND IS FOGGY

What we experience and learn gets cemented to memory while we sleep. Interference with the process causes:

- Reduced alertness and concentration
- Forgetfulness
- Impaired judgment



2

## YOU'RE STRUGGLING WITH YOUR WEIGHT

Poor sleep is linked to excess body fat, as it can:

- Disrupt appetite regulation
- Cause you to feel hungrier
- Lead to increase calorie intake and cravings

Also excess body fat can reduce sleep quality.



3

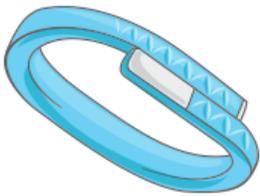
## YOU'RE GETTING SICK A LOT

When you don't sleep enough, T-cells go down and inflammation goes up, resulting in:

- Increased vulnerability to viruses and bacteria
- Acute increase in risk of getting sick
- Inflammation-related illnesses
- Weakening of the immune system



# A GOOD NIGHT'S SLEEP STARTS IN THE MORNING



## WAKE AT THE RIGHT TIME

You'll feel better and more alert if you wake up from a light sleep stage. If you feel groggy, consider a device or an app that senses sleep cycles, and rouses you at an optimal point.



## BE AWAKENED BY LIGHT

This naturally raises cortisol, which is good thing in the morning. The slow raise helps feel alert and relaxed.



## GET MOVING RIGHT AWAY

Movement seems to speed up the waking process, whereas hitting snooze increases sleep inertia. When it's time to wake, sit up and put your feet on the floor.



## FIND THE SUN (OR A LIGHT THERAPY BOX)

Light exposure sets your daily melatonin (a sleep hormone) rhythm. This increases wakefulness during the day and helps your body gear down at bedtime.

# PREPARING FOR A GOOD NIGHT'S SLEEP



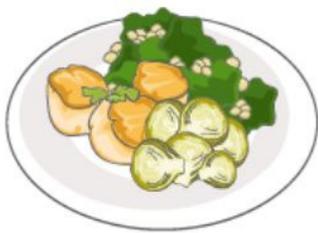
## BE CAREFUL OF ALCOHOL AND CAFFEINE

Consuming caffeine after 2 pm or having more than 1-2 drinks in the evening can interfere with deep sleep.



## EXERCISE

Regular exercise helps normalize your body's 24 hour clock, regulate your flight-or-fight system, and optimize your hormone levels.



## EAT SMALL TO MEDIUM DINNER

Too much food can make it harder to fall asleep. A blend of minimally processed protein, veggies, carbs and fats can help you keep you satisfied until morning.



## LIMIT FLUIDS

Drinking too much liquids shortly before bed can result in frequent waking for bathroom breaks.

# MORE TIPS FOR BETTER SLEEP



## **CLEAR YOUR MIND**

Whatever thoughts are in your head, get them out and onto paper. This preps you for genuine relaxation.



## **GO THE \$%#@ TO BED**

Sticking to a reasonable bed time teaches your body when to release calming hormones to help you fall asleep. Tip: Don't wait until midnight. Every hour before 12 am is worth two hours after.



## **SLEEP AT LEAST SEVEN HOURS**

Most people need 7-9 hours of sleep per night. If you are getting far less now that's okay. Just work on your way up slowly. Even adding 30 minutes can make a big difference.



## **DE-STRESS**

Reading, meditation and gentle movement (stretching, yoga, walking, sex) can release tension and release calm-down chemicals.



## TURN OFF ELECTRONICS

Remove your eyes from all devices at least 30 minutes before bed. Artificial light interferes with our production of melatonin, which ensures deep sleep and helps regulate metabolism.



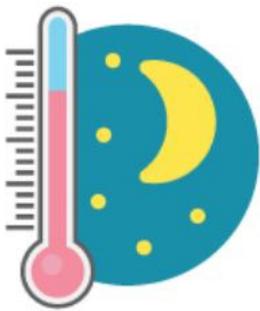
## TAKE A BATH OR SHOWER

Warm water can help us relax and de-stress. Throw in some magnesium-based epsom salt, known to help with sleep.



## CREATE A RELAXING AREA

Your bedroom should be quiet, peaceful, relatively organized and free of clutter. If you live in an urban area consider a white noise machine to drown out city sounds.



## SET YOUR ROOM TO AN APPROPRIATE TEMPERATURE

Most people sleep better when it's cool (around 67 F); others sleep better at a neutral temperature. Find what works best for you.



## MAKE YOUR ROOM AS DARK AS POSSIBLE

To maximize your melatonin production, cover your windows and turn your phone face-down. Use a dim night light to illuminate your midnight bathroom trips.

# SLEEP REQUIREMENTS AS WE AGE

## HOURS OF SLEEP

NEWBORN  
0-3 months



INFANT  
4-11 months



TODDLER  
1-2 years



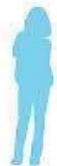
PRESCHOOL  
3-5 years



SCHOOL AGE  
6-13 years



TEEN  
14-18 years



YOUNG ADULT  
19-25 years



ADULT  
26-64 years



OLDER ADULT  
65+ years



● Recommended    ● May be appropriate    ● Not recommended