SLEEP BETTER
The Facts, Tips and Tricks of Sleep
OU Wellness
Why Is Sleep Important?
Improving Sleep

Sleep is an incredibly important “process” and essential to our brain and body.

Improved sleep leads to:
• Better memory
• Higher creativity
• Decreased impulsiveness
• Better judgement
• Stronger immunity
• Weight loss
How Much Sleep the Pros Get

Roger Federer – 12 Hours
Usain Bolt – 8-10 Hours
Lebron James – 12 Hours
Venus Williams – 8-9 Hours
Tiger Woods – 4-5 Hours

Sleep & Exercise

Better Sleep = Better Exercise
Better Exercise = Better Sleep
Checklist to Sleep Better
Have a Morning Routine
Keep a Regular Sleep Schedule
Eat and Drink Correctly
Get Anxiety and Stress in Check
Make your Bedroom Sleep Friendly
Create a Bedtime Routine
Sleep Resources

**Apps:**
- Headspace
- Sleep Cycle
- Calm

**Podcasts:**
- The Model Health Show
  - Help Me Sleep! Episodes 4, 5 & 6
Mindfulness Meditation

The most common non-medical causes of insomnia are stress and anxiety.

Have a nightly routine

Walk through your bedroom door and leave the day behind you

Breathe 4-7-8

Live in the moment
Past = guilt & frustration
Future = anxiety & fear

Meditation Apps

Insight Timer
Calm
Aura
Omvana
Stop, Breath & Think
Questions?