



Unlocking Sleep Secrets

Presented By | HealthCheck360





AGENDA

Benefits of healthy sleep habits

Getting Started

***It's ok not to be perfect**



BENEFITS OF GOOD SLEEP

Mind

- **Mood**
 - Relationships
- **Mental Function**
 - Concentration and productivity
- **Stress**
 - Anxiety and depression





BENEFITS OF GOOD SLEEP

Heart

Blood Sugar

Immune System

Healthy weight

Athletic performance





SLEEP HYGIENE

Recommendation is 7-9 hours

Schedule

- Same sleep and awake time if possible

Routine

- Put down electronics
- Music
- Bath
- Deep breathing/meditation

Sleep journal

- Stress level
- Nutrition
- Exercise
- Mood

Get some sun

- 30 minutes a day if possible
- Light therapy



SLEEP HYGIENE

Environment

• Bed

- Mattress/Pillow/Sheets
 - Sleepfoundation.org
- Reserve bed for sleep

Temperature

- 65-68 degrees Fahrenheit

Noise

- Ear plugs
- White noise





SLEEP HYGIENE

Environment

- Smell
 - Lavender
 - Wash regularly
 - Air purifiers
- Light
 - Blackout curtains
 - Eye mask
- Technology
 - 60 minutes before bed is ideal
 - Blue light glasses
 - Settings on phone/computer



SLEEP HYGIENE

Nutrition

- Fruits/Veggies/Whole Grains/Water
- Avoid late eating if possible
- Caffeine
- Alcohol
- Nicotine

Exercise

- Consistency
- Vigorous – 2 to 5 hours before bedtime
- Yoga/low impact – closer to bedtime



SLEEP HYGIENE

Stress management

- Meditation and mindfulness
- Gratefulness
- Progressive muscle relaxation
- Deep breathing

Naps?

Supplements?

Talk to your doctor





SUMMARY

Sleep is extremely important

Find small steps to take

Progress over perfection



UPCOMING WEBINARS

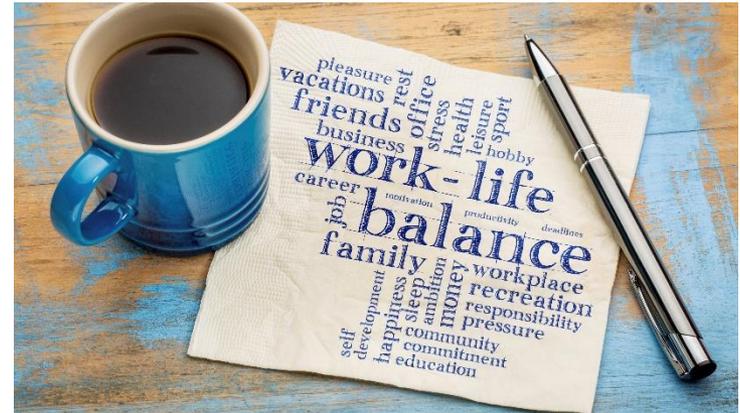


Navigating Diet Fads: What Really Works?

With new diets popping up daily, it's hard to separate fact from fiction. Join us as we explore various fad diets, weighing their pros and cons while sharing expert recommendations.

September 4

Find out more on www.healthcheck360.com/blog



Building a Balanced Life

Learn actionable tips to improve time management, empowering you to optimize your schedule and create more room for what matters.

October 2





LIFESTYLE REWARDS

1. True or False: Sleep doesn't affect your mood.
 - a. True
 - b. False
2. What was one benefit mentioned for getting better sleep?
 - a. Blood sugar
 - b. Core strength
3. What was recommended to avoid for more quality sleep?
 - a. Whole foods
 - b. Alcohol

****If your company has elected questions for lifestyle rewards, it will be noted when you submit on your myhealthcheck360 account.****



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