SLEEP

Why it's important

In todays world things are happening faster than ever before. However, this doesn't mean that sleep should be looked at as a luxury.
We're human, and sleep should be viewed as much a necessity as oxygen, water, and food.

Why?

Because it is.

Relatively speaking, dedicated research focusing on sleep is only just getting started but even still we are seeing strong evidence for some huge benefits. Among other things, sleep allows us to restore energy, repair our muscles, allow the brain to process newly acquired information, and maintain critical body function as a whole.

We've also seen the effects that can result from getting too little sleep, which includes reduced reaction time, emotional control, and ability to focus and think clearly. The overall health toll of inadequate sleep are also prominent in things like the increased risk for diabetes, cardiovascular disease, obesity, and even depression.

SLEEP

How to improve it

- set clear, consistent times for going to bed and waking up everyday
    create a wind-down ritual?
    be in bed at a certain time?
- restrict blue light exposure as much as 2 hours before bed
- maximize natural and bright light exposure during the day
- restrict caffeine intake as much as 6 hours before bed
- avoid irregular and/or excessive daytime naps

Ideally, how much sleep should you get?

- take a melatonin supplement
- start at 0.5mg, working up to 3-5mg based on results
- taken roughly 30 minutes before bed
- Ideally, how much sleep should you get?

Age	Sleep recommendations
65 and up	7 to 8 hours
18 to 64 years old	7 to 9 hours
14 to 17 years old	8 to 10 hours
6 to 13 years old	9 to 11 hours