Restorative Sleep
Why We Need It
Undisrupted

Cell Repair

Bone, muscle, cell repair, recovery occur and inflammation is reduced during Restorative Sleep.

Organization

Restorative Sleep organizes what we learn and experience everyday for quicker access in the future.

Clean - Up

Brain pathways are cleaned during Restorative Sleep. This is important for healthy memory.

Immune System Recharge

Restorative Sleep allows immune system to recharge to promote healing and prevent illness.

Hormone Reset

Many critical hormone resets occur during Restorative Sleep. These effect appetite, mood, stress response, growth, metabolism, and overall mental health.

How Much Sleep Do You need?

*American Academy of Sleep Medicine

3 - 5 years old: 10 -13 hours
6 -12 years old: 9 -12 hours
13 -18 years old: 8 -10 hours
19+ years old: 7 - 9 hours

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What Happens If You Don't Get Enough Restorative Sleep?

Mental health, substance use/misuse risks, poor academic performance, and physical impacts are all higher with lack of undisrupted Restorative Sleep.

Restorative Sleep: How to Get It

1 Get plenty of outdoor natural light every day to boost melatonin, seratonin, and Vit. D.

2 Get plenty of physical and aerobic exercise every day to clear stress from your body and increase healthy hormones important for sleep and mental health.

3

Avoid sodas with caffeine or other sugary drinks or foods after Noon. Caffeine and marijuana have a long half life. Avoid these & other substances like nicotine, alcohol, etc. which all prevent Restorative Sleep functions, even when you are asleep.

4 Turn off all screens, devices & notifications before getting into bed. Move phone at least 6-10 ft away from your bed before sleeping.

5 Sleep in a cool, dark, quiet place. Use an eye mask and/or earplugs if necessary.

6 Go to bed earlier & at same time every night. Do relaxing things before bed like taking a warm shower, reading books, writing in a journal, or listening to music. (Turn off audio while sleeping.)

7 If you are unable to sleep, practice a breathing exercise and repeat until you fall asleep.

*National Sleep Foundation

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