



ZEVO HEALTH

MOVE • NOURISH • INSPIRE

ONE WEEK TO BETTER SLEEP

Includes:

**7 STEP GUIDE FOR
OPTIMUM SLEEP**



REGULAR SLEEP DEPRIVATION

MEMORY LOSS

AGITATED

LOW FRUSTRATION TOLERANCE

DIMINISHED IMMUNE SYSTEM

INCREASED RISK OF DEMENCIA:
Sleep produces protein to prevent
build up of Amyloid Plaque assoc.
with Alzheimers

DISRUPTS BLOOD SUGAR LEVEL:
Increasing risk of **DIABETES &
WEIGHT GAIN**

AFFECTS ENDOCRINE SYSTEM:
HORMONE IMBALANCES

**INCREASED RISK OF
CARDIO-VASCULAR DISEASE**

LOW MOOD

ANXIETY

TIRED & WIRE

BENEFITS OF GOOD SLEEP

BENEFITS OF REGULAR GOOD SLEEP INCLUDE:

Supports the endocrine system – helps to support hormone balance.

Parasympathetic nervous system moderates itself during REM and maintains the body while the Sympathetic nervous system regenerates.

Recalibrates our emotional centre, in our pre-frontal cortex, to support emotional regulation. Pre-frontal cortex is associated with emotional reasoning and creativity.

Brain Function - Supports balanced decision making.

Reforms our metabolic state by balancing insulin and circulating glucose.

BENEFITS OF GOOD SLEEP continued....

Improved memory and better concentration.

Helps us fight infection as it boosts immune system.

Sympathetic nervous system regenerates during REM – Rapid Eye Movement, deep sleep.

Sleep Habits and Susceptibility to the Common Cold – Paper

14 days – 153 participants > drip exposure to rhinovirus

Less than 7 hours sleep = 3 times more likely to have clinical symptoms (than 8 hour).

Helps regulate our appetite.

7
STEP PLAN TO
BETTER SLEEP

1. Create a Room Sanctuary.



2. Reduce Mind/Body Stress to Build Resilience.



3. Change your thinking. Use cognitive Diffusion.



7. Creating the Choice Point for Behavioural Change



6. Supplements & Nutrition.



5. Exercise.



4. Establish a Healthy Sleep Routine - Adults & Young People.



SLEEP TIPS FOR A BETTER SLEEP

1

Beds are for sleeping
(not working!)

2

Keep your bedroom
quiet, dark and cool.

3

No portable electronic
device use before sleep.

4

Switch off your
phone if possible.

5

Try sleep-focused
meditation.

6

Not asleep within 30
mins? Try journaling.

7

Avoid planning or
financial discussions
before bedtime.

**7 TIPS FOR A
BETTER BEDTIME**