Sleep is essential for health

It helps support memory, learning [1], brain health [2,3], immune health [4], and maintain our bodies and energy levels [5].

It is generally recommended for adults to sleep 7 to 9 hours. Most people have 4 or 5 cycles per night, each one lasting 90 to 120 minutes. Each sleep cycle has 5 stages:

Stage 1 Very light sleep
Stage 2 Light sleep
Stage 3 Deep sleep
Stage 4 Very deep sleep
Stage 5 REM sleep

Sleep stages

5 1
4 2
3

Sleep hygiene can play a crucial role in getting a good night's sleep

Several habits can improve sleep health. Everyone is different, and you might need to experiment to find the sleep hygiene routine that works best for you.

5 pillars to achieve better sleep

Sleep Environment

Sleep Health

Exercise

Mindfulness

Food

1 **Sleep Health** based on duration, regularity, quality

2 Regular **exercise** can help promote better sleep

3 Focus on **mindfulness** to improve sleep quality

4 **Food**, it's all about balance and eating light!

5 **Your sleep environment:** cool, dark, and cozy

Let's move to *Sleep*

Become a Sleep Ambassador

[1] Reyes-Resina I, Samer S, Kreutz MR, et al. Molecular Mechanisms of Memory Consolidation That Operate During Sleep. Front Mol Neurosci 2021; 14: 767384. 2021/12/07. DOI: 10.3389/fnmol.2021.767384

[2] Nedergaard M and Goldman SA. Glymphatic failure as a final common pathway to dementia. Science 2020; 370: 50-56. 2020/10/03. DOI: 10.1126/science.abb8739

[3] Ju YE, Lucey BP and Holtzman DM. Sleep and Alzheimer disease pathology–a bidirectional relationship. Nat Rev Neurol 2014; 10: 115-119. 2013/12/25. DOI: 10.1038/nrneurol.2013.269

[4] Haspel JA, Anafi R, Brown MK, et al. Perfect timing: circadian rhythms, sleep, and immunity – an NIH workshop summary. JCI Insight 2020; 5 2020/01/17. DOI: 10.1172/jci.insight.131487

[5] Min S, Masanovic B, Bu T, et al. The Association Between Regular Physical Exercise, Sleep Patterns, Fasting, and Autophagy for Healthy Longevity and Well-B

Music for Better Sleep

Music can help some people sleep better. Next time you have difficulty sleeping, try listening to this piece composed specifically to promote sleep:*

*Cordi, MJ and S Ackermann. Effects of Relaxing Music on Healthy Sleep. Sci Rep. 2019; 9(9079): 1-9.