

The power of sleep



Why is sleep important?

Physical recovery

- ✔ Restorative function for the body and its energy use

Increased resistance

- ✔ Creation of antibodies → protect against bacteria, viruses and allergies

Cognitive function

- ✔ Processing information and ordering events

Emotions and stress

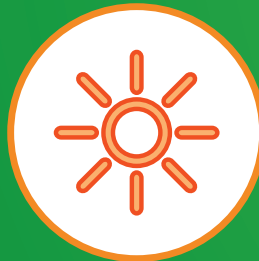
- ✔ Less irritable and emotional & better able to deal with stress

Timing



- ✔ Own rhythm and regularity (=biorhythm)
- ✔ Go to bed and get up consistently (shift max. 2 hours)
- ✔ No naps in the evening

Light & screen use



- ✔ Seek out daylight
- ✔ Avoid screens (mobile phone, tablet, PC) 2 hours before going to bed

Exercise



- ✔ 30 minutes of exercise/day
- ✔ At least 2 to 3 hours before bedtime

Stress reduction



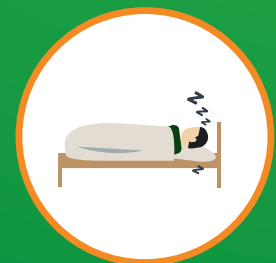
- ✔ Ensure rest and relaxation during the (working) day
- ✔ Ensure that the day is wound down before bedtime (e.g. relaxation exercises)

Food



- ✔ Limit high-fat and high-sugar foods before bed
- ✔ Caffeine and tobacco keep you from sleeping

Bedroom



- ✔ The ideal bedroom is dark, quiet, well ventilated and fresh

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