



**Transformative
Insights**

Firstbeat Wellness Programme

Webinar 4 – Sleep

re
calibrate

FUTURE HEALTH, NOW

Agenda

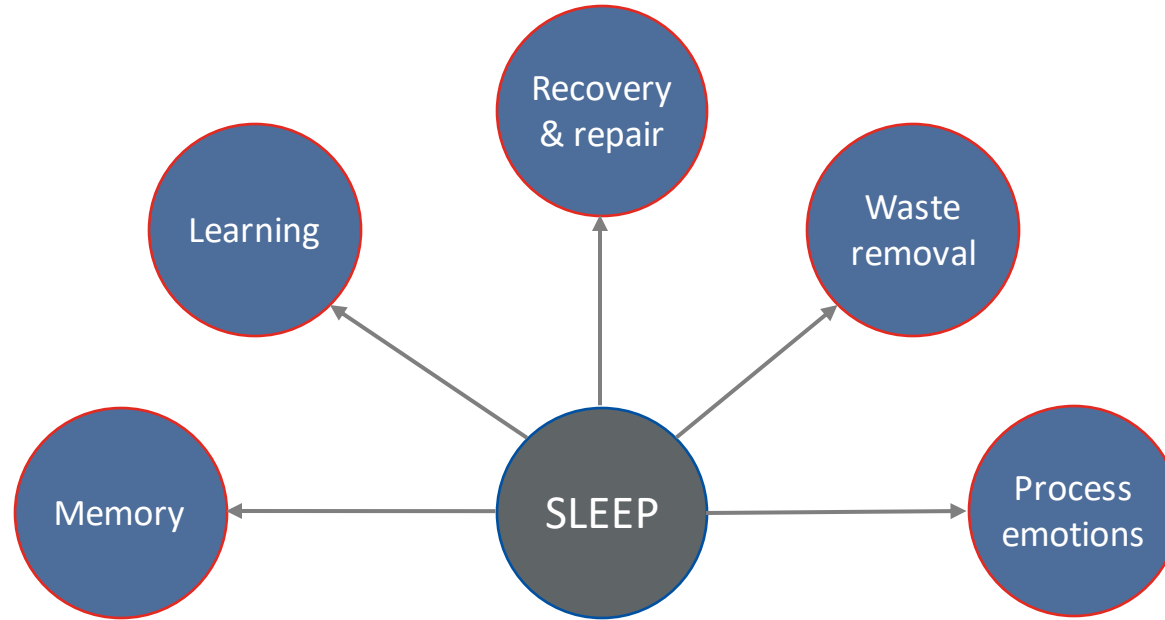
- Check-in
- The Why of good sleep
- Natural sleep processes
- Good sleep strategies
- (Break-out: Commitment check-up habit strategy)
- Q&A



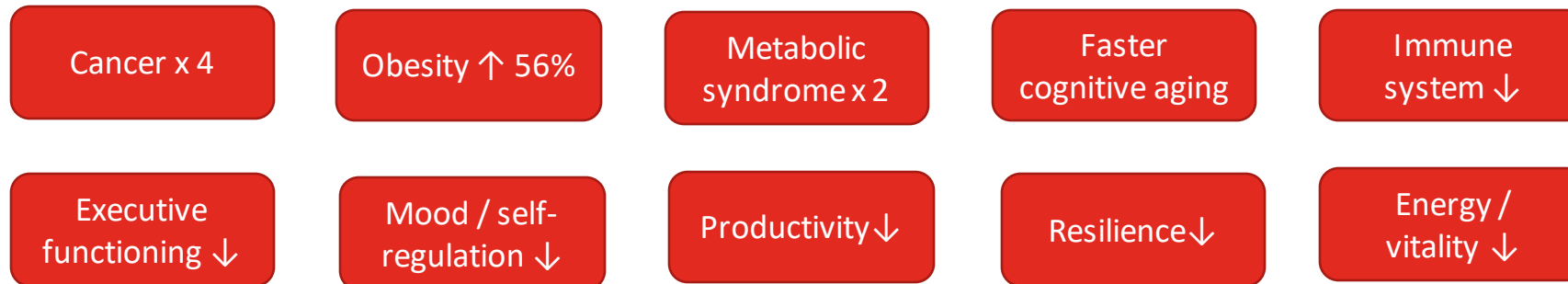
Check-in



Why invest in good quality sleep?



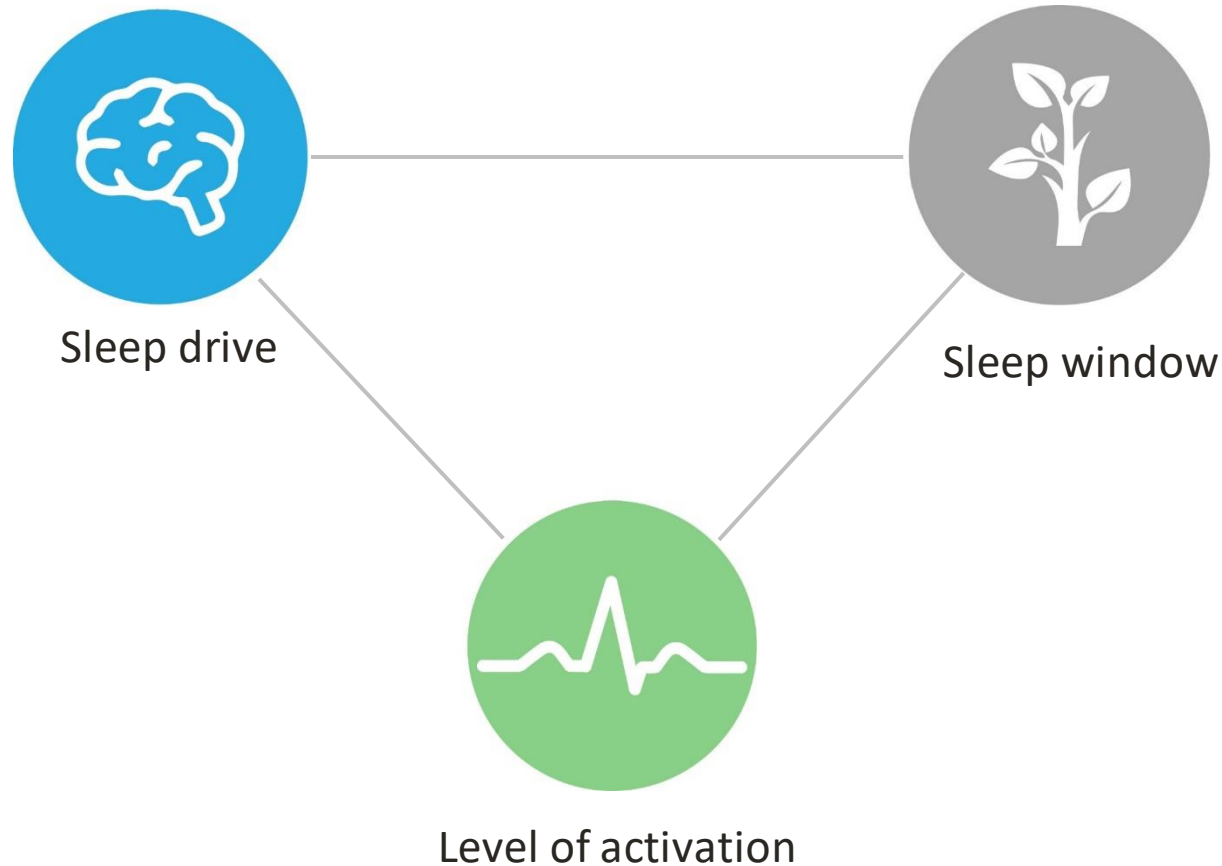
Consequences of insufficient or poor quality sleep



“Good quality sleep is defined as sleeping for at least **85%** of the total time in bed, falling asleep in **under 20 minutes**, understanding that awakenings are **normal and perfectly fine** provided you fall asleep again within a few minutes, being in a physiological recovery state for **at least 70%** of the time while making sure that reading definitions like this does not create **sleep anxiety or performance pressure**.”

- Adapted from The Sleep Foundation and Firstbeat

Natural sleep processes

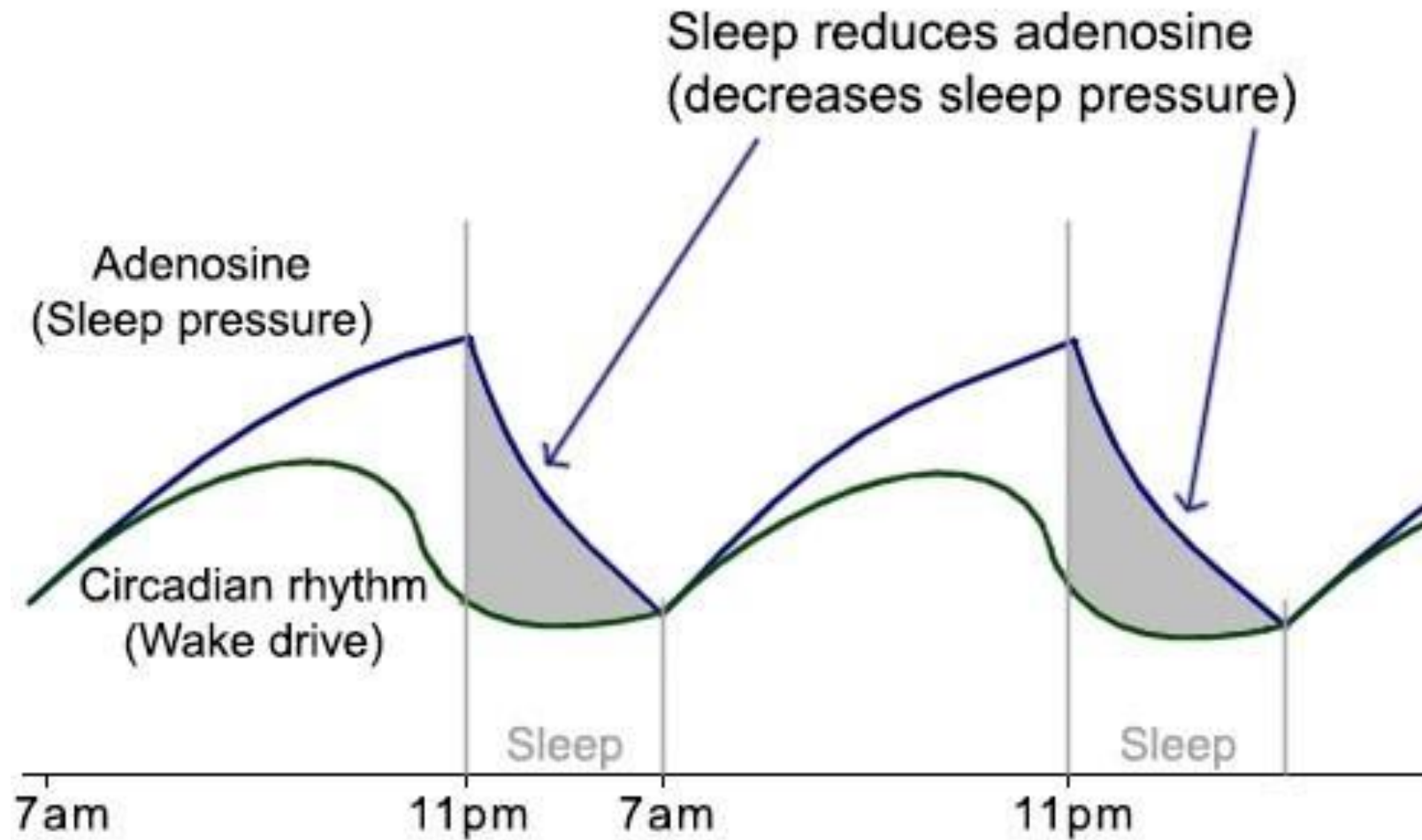


Good sleep naturally follows when **we allow** these processes to function optimally

What we
**do and
don't do
during our
awake time**
determines
the quality of
our sleep



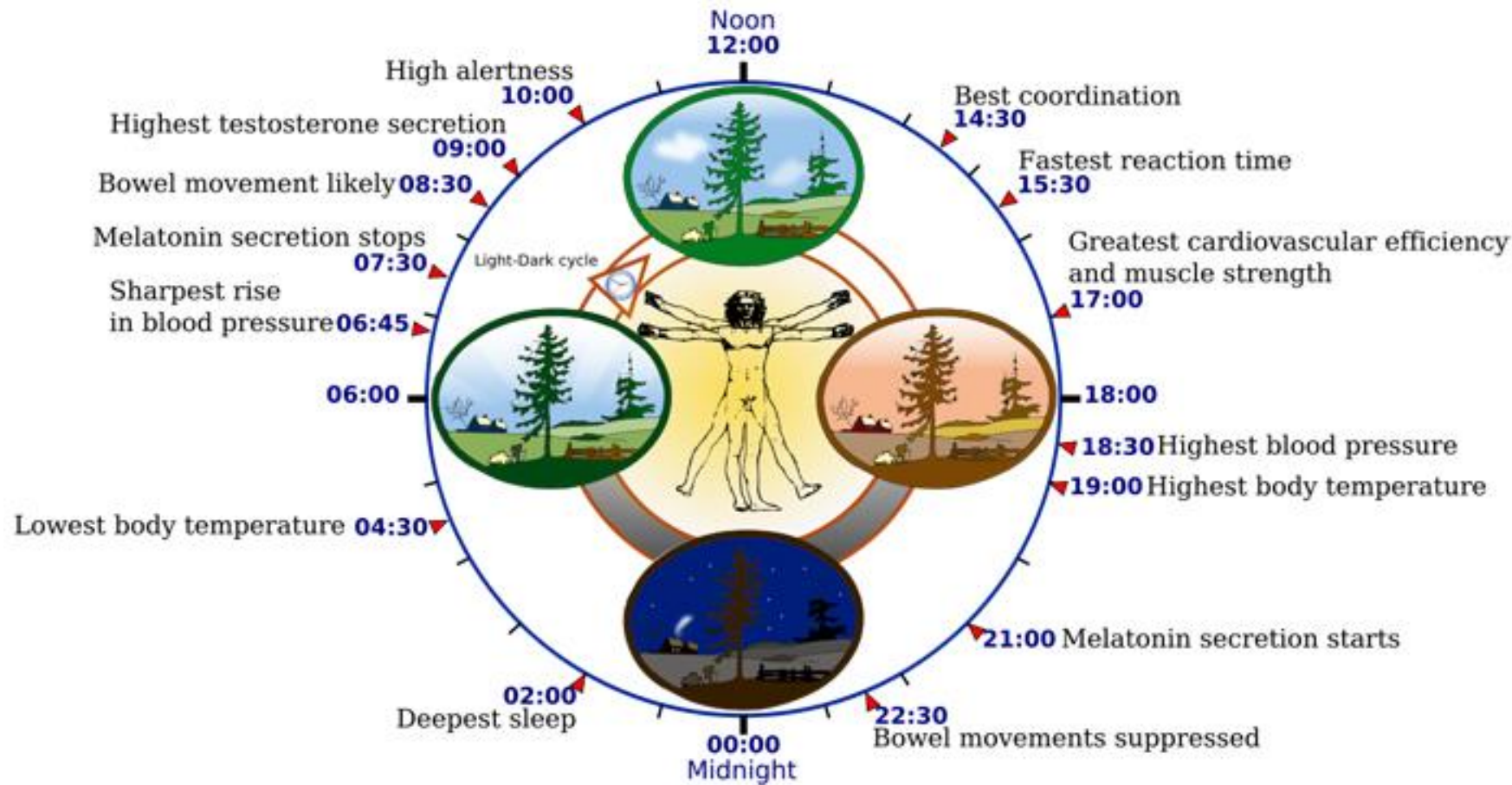
Sleep drive



We build up **one** hour of sleep drive for every **two** hours awake



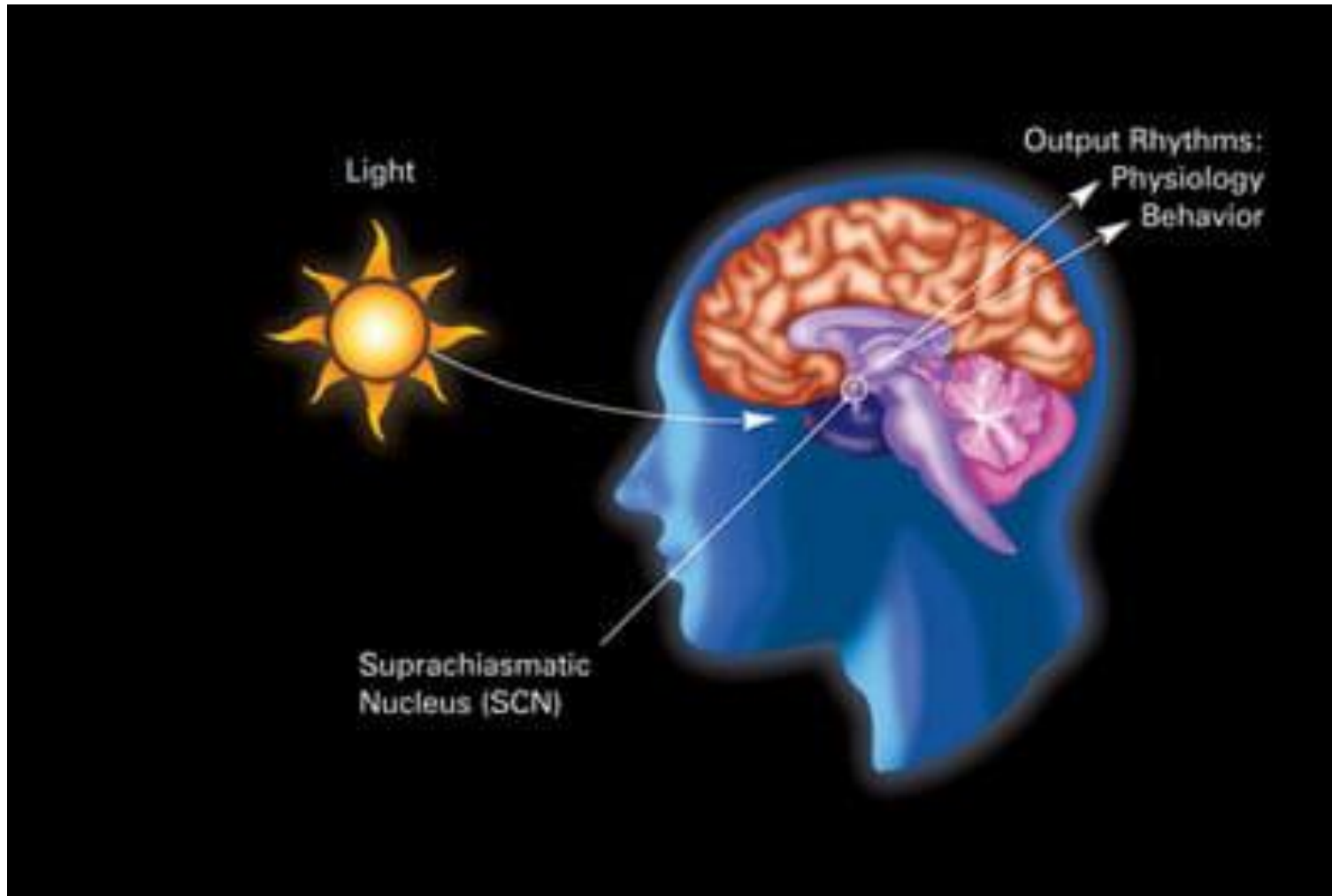
Sleep window



The times between which we **should** sleep is regulated by our natural circadian rhythm

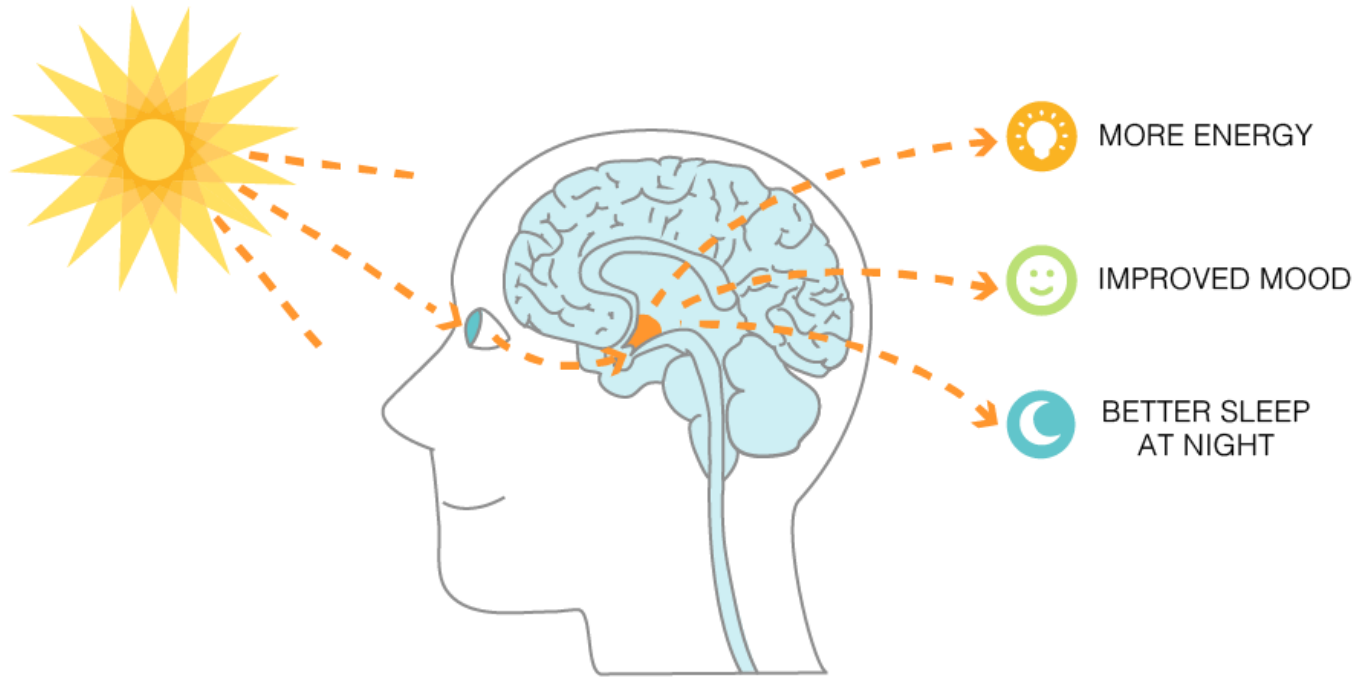


Master clock and clock cells



About
15%
of the genes
in our body
are
**turned
on/off** by the
SCN

Light anchoring



Sunlight enters through your eyes.



Acting through the hypothalamus, sunlight regulates our circadian rhythm through complex pathways that include melatonin, serotonin and body temperature.



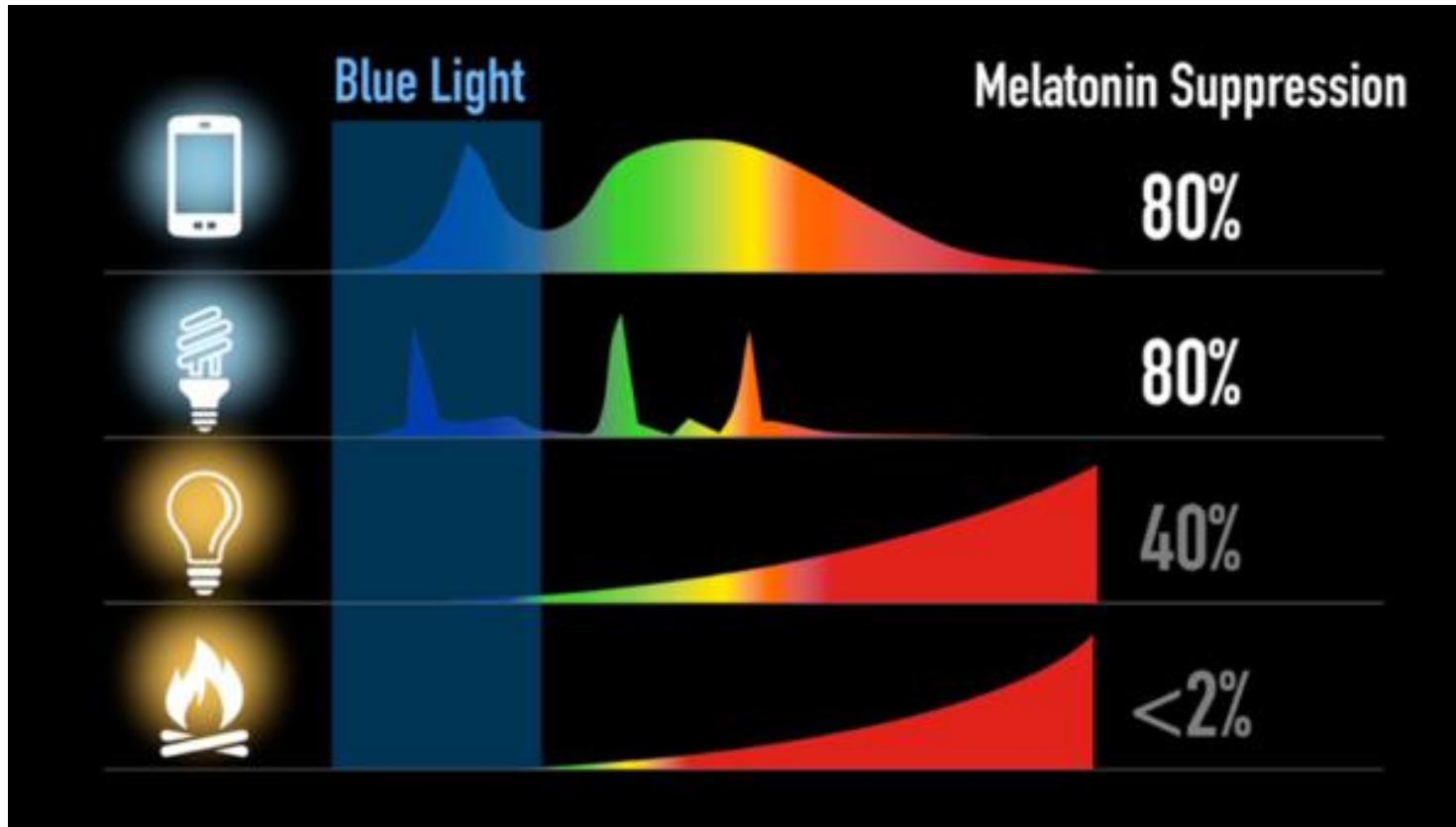
Improving your circadian rhythm has dramatically positive effects on your body and mood.

BUT
We spend
90%
of our time
indoors



Dim-light melatonin onset

The hormone melatonin is produced in the [pineal gland](#) and "directs" 500 genes throughout our body to let them know it is dark outside and time to start "shutting" down.

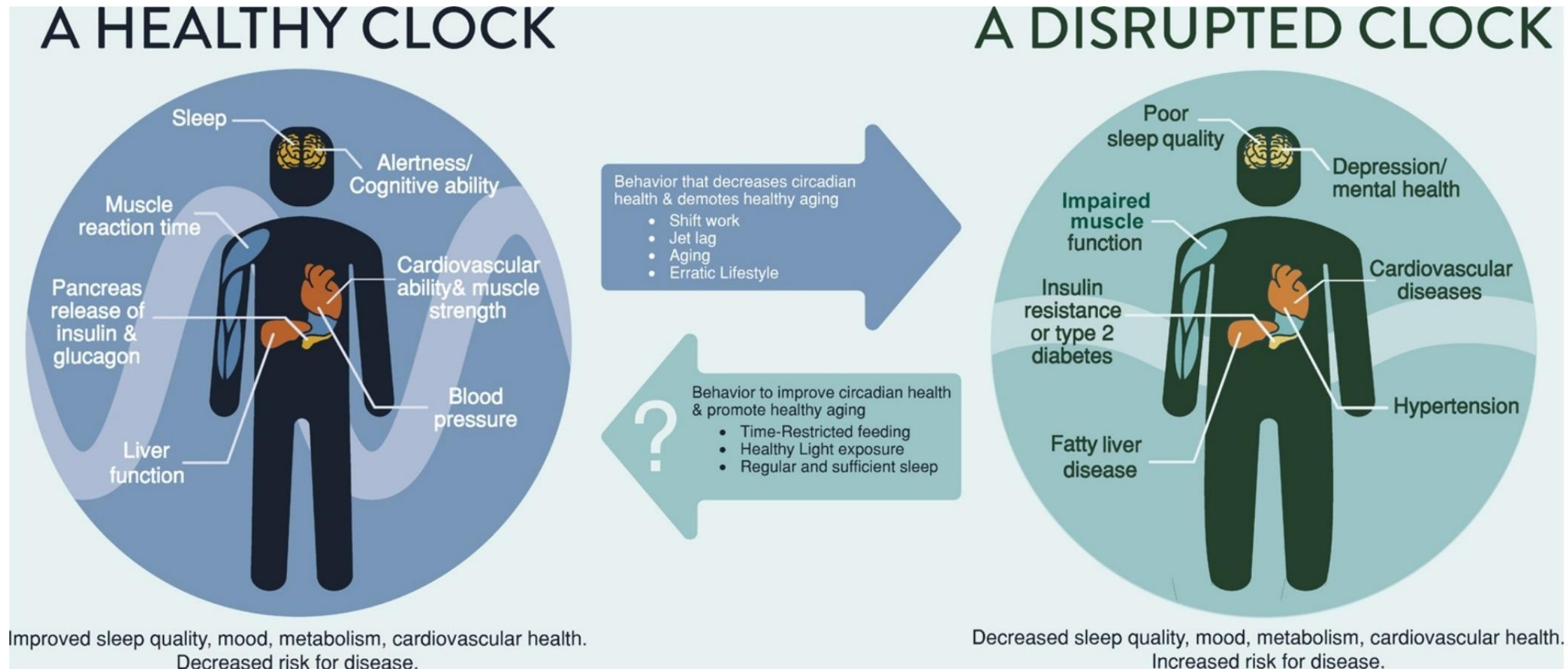


BUT

*We get massive
exposure
to blue-light
after
sunset*



The importance of keeping the clock in time



Level of activation



Sympathetic nervous system

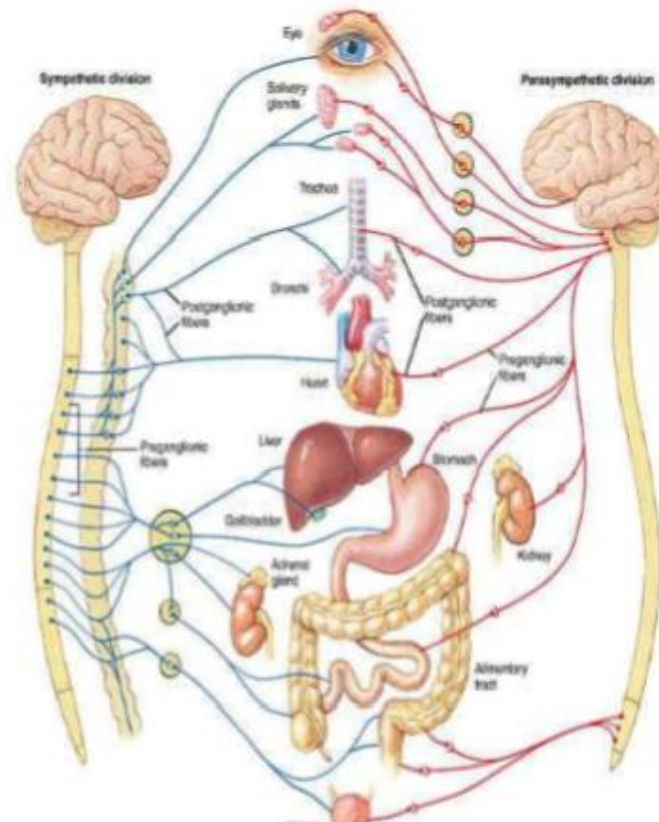
= Fight-flight

Dominant during a feeling of threat: prepares for fight of flight

“Accelerator”

Release of energy

Autonomic nervous system



Parasympathetic nervous system

= Rest/recovery

Dominant during a feeling of safety and comfort

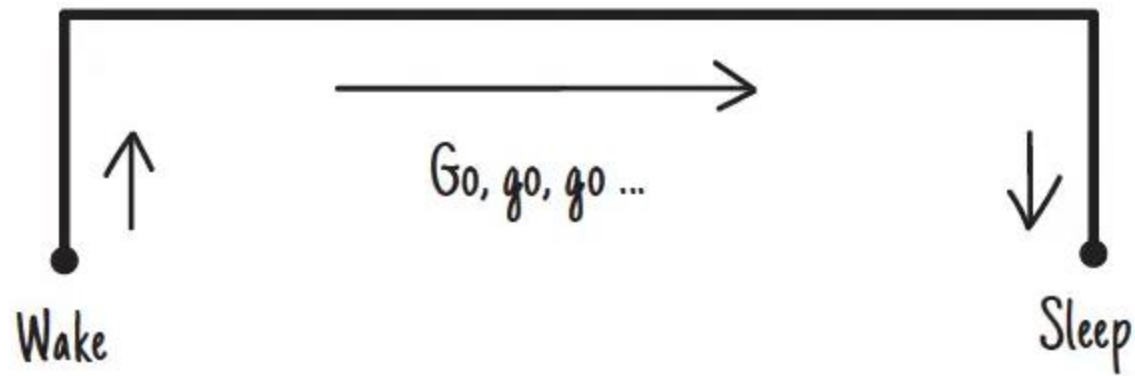
“Brake”

Recovery of energy, healing and growth

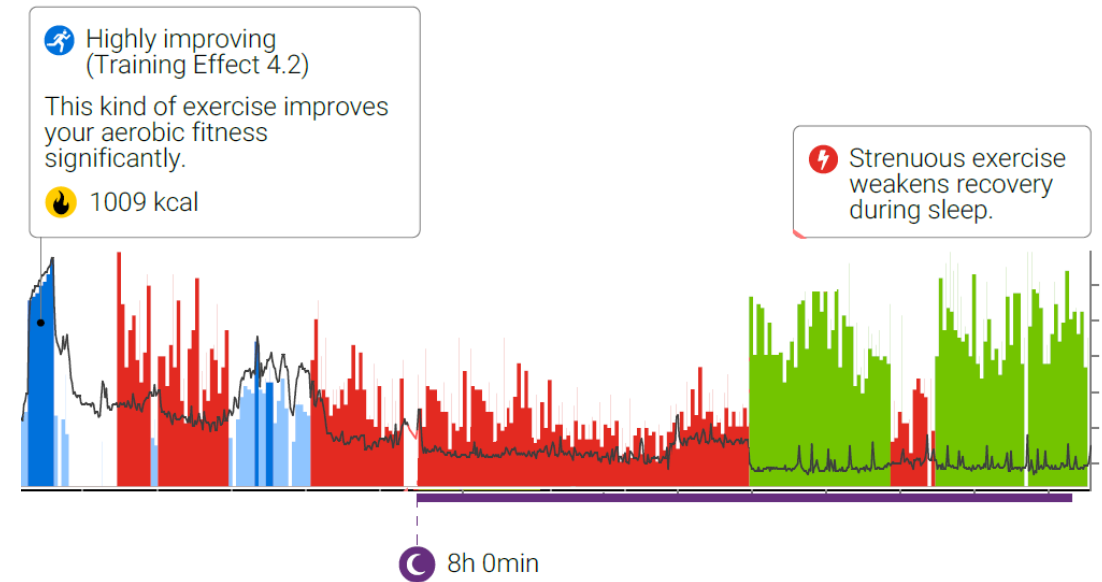
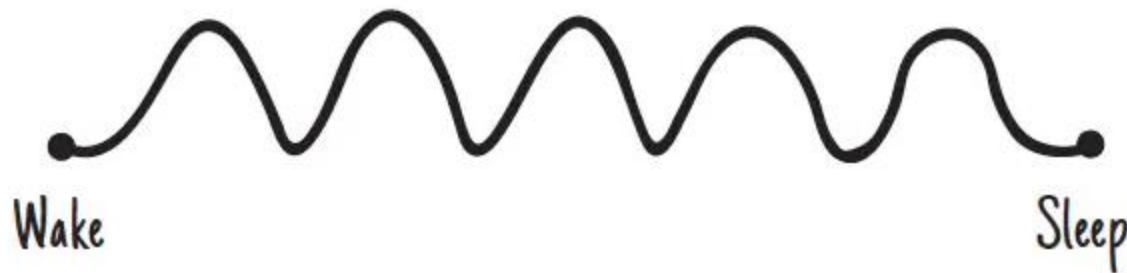
Our body & brain needs to be in a **downregulated** state in order for sleep to have a **restorative** effect

Ultradian rhythm

How We've Been Told We're Supposed to Work



How We Actually Work



12 Practices for good sleep



Get outside in the morning



Power down in the evening



Adopt a consistent schedule



Reduce the temperature



Eat between sunrise-sunset
(avoid substances)



Prevent revenge bedtime procrastination



Find a good wind-down routine



Use bedroom for sleep only



Give yourself permission to sleep



Replenish the nutritional building blocks



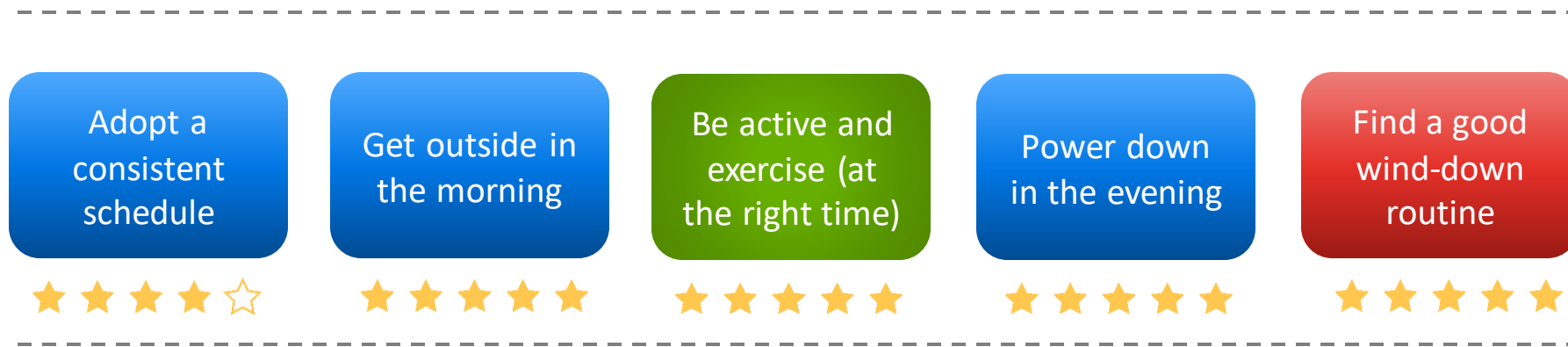
Be active and exercise (at the right time)



Put the clocks away



The top 5 = a perfect starting point





Commitment check-up strategy

In break-out diads, take turns to coach each-other:

1. What is the main lifestyle change you are committed to making right now?
2. On a scale of 1 to 10, what is your commitment to making this change?
3. What are the key conditions that made it a X and not a 3? How can you leverage these 'tailwinds' even more?
4. What stands in between a X and a 10? How can you mitigate these 'headwinds' to get it one step closer to a 10?
5. How will you hold yourself accountable for leveraging the tailwind and mitigating the headwind?



Sleep

Q & A



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