

# Sleep Smarter: Unlocking the Secrets to Better Rest

Do you find it hard to sleep these days? Do you struggle to keep a consistent sleep schedule? If you said yes, the lack of sleep or lack of a sleep routine could be the reason behind your responses.

At its core, sleep matters for our mental wellbeing as it allows our bodies to repair themselves and our brains to process information. Poor sleep is linked to physical and mental health problems.

This 1-hour webinar briefly explains the science of sleep such as the circadian rhythm, the impact of sleep on one's mental health and productivity, and equips you with practical tips to help build a healthy sleep hygiene routine.

## Learning Objectives

- Understand the circadian rhythm and differentiate between sleep myths and facts
- Identify the physiological processes of sleep and the effects of sleep deprivation, including insomnia
- Recognize effective sleep hygiene practices and relaxation techniques to enhance sleep quality and the benefits of a consistent bedtime routine

## Content Outline

### The Psychology Behind Sleep: What is sleep & why do we sleep?

- Understand the concept of the circadian rhythm and its role in regulating sleep patterns.
- Distinguish between common myths and truths about sleep to enhance knowledge and awareness
- Recognize the psychological and physiological reasons for why sleep is essential for overall health and well-being

### Why is Sleep Important?: Symptoms of sleep deprivation & more

- Explain the physiological processes that occur during sleep and their importance for overall health
- Identify the effects of sleep deprivation on physical, mental, and emotional well-being
- Gain a deeper understanding of insomnia, including its causes, symptoms, and potential consequences on daily life

### Application: Sleep Hygiene

#### Tech habits, sleep schedules & exercises

- Identify effective sleep hygiene tips to improve sleep quality and overall well-being
- Learn and practise various relaxation techniques, such as colour breathing, balloon breathing, progressive muscle relaxation, and box breathing, to enhance bedtime routines