

A photograph of a man and a woman sleeping peacefully in a bed. The man is in the foreground, lying on his side with his eyes closed, wearing a grey t-shirt. The woman is behind him, also sleeping. The bed has white linens and pillows. The background is softly lit, suggesting a window. The text "MASTER the PERFECT NIGHT of SLEEP" is overlaid in blue, bold, sans-serif font.

**MASTER** the **PERFECT** NIGHT  
of **SLEEP**

Sleep is what most of us look forward to at the end of a long day. Unfortunately, many of us aren't getting enough. While there's still a lot to learn about sleep and its role in our wellbeing, we're now beginning to understand its major impact on the health and destiny of our brains. So how does sleep actually affect our brains? It turns out that sleep may play a unique role in the development of many of the brain degenerative conditions. The quality of your daily sleep may in fact increase or decrease your brain health. And so important these days, we know that quality sleep is fundamentally important for a healthy immune system. So, it's certainly clear why it's so important to prioritize shuteye each day!

Sleep does a whole lot more than influence your brain health. It appears to affect your hunger, your metabolic rate, your weight, your immune system and even the compassion you feel for others! These effects involve our thinking, choices, and emotional state. This means that sleep influences many aspects of our brain function. With the hectic pace of modern day life, sleep might feel like a luxury you can't afford. However, from a medical perspective, it's absolutely essential to get good sleep if you want to keep your body and brain healthy. Here are 10 simple steps you can take to improve your sleep.

# 10 SIMPLE STEPS



A woman with long brown hair is holding a silver alarm clock in front of her face. The clock is a classic twin-bell design with a white face and black numbers. The woman is looking directly at the camera with a neutral expression. The background is a soft-focus indoor setting.

## STEP 1: MAINTAIN A SLEEP SCHEDULE THAT ALLOWS FOR 7 TO 9 HOURS OF SLEEP

Having a consistent bedtime and wake-up time, even on the weekends, is one of the most important steps to mastering a perfect night of sleep. This step is vital because it helps set the pace of your body's circadian rhythm. When you wake up, the light comes into your eyes and resets that rhythm every single morning. If you do this consistently, your brain will know what to do and when to do it every single day. Try and stick to one sleep schedule seven days a week, and you'll be well on your way to better sleep. (Try a hot bath or shower before bed as part of the routine schedule.)

## STEP 2

ELIMINATE  
THE “SLEEP  
ROBBERS 3” -  
ALCOHOL,  
TOBACCO,  
CAFFEINE



STEP 3: EAT YOUR EVENING MEAL AT LEAST 4 HOURS BEFORE BEDTIME.



An empty, resting stomach is more conducive to quality rest.

# STEP 4: EXERCISE REGULARLY

Getting exercise during the day can help strengthen your circadian rhythm, promote daytime alertness, and even help you feel sleepy when it's time to turn out the lights. However, it may be best to avoid exercise right before bedtime. This is because intense physical activity can raise your body temperature and disrupt sleep. When possible, try to get your exercise completed at least 4 hours before bedtime, which will give you time to relax before bed.



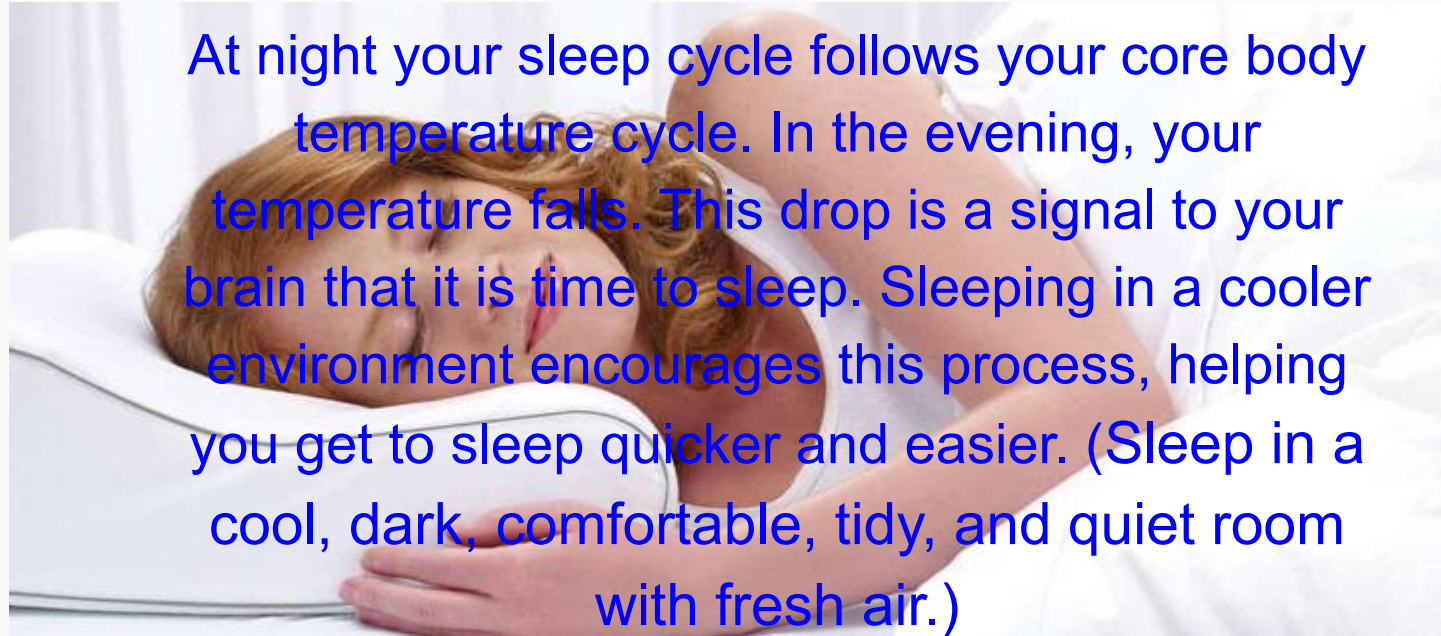


# STEP 5: GET SUNLIGHT IN THE MORNING

Believe it or not, sunlight stops the release of melatonin in your brain. This helps the brain and body to wake up and also regulates your circadian rhythm. It's incredibly easy to take advantage of this information. In the first 30 minutes after you wake up, try to walk outside or go to a window for some direct sunlight.



# STEP 6: COOL YOUR ROOM TO BETWEEN 65°F AND 75°F



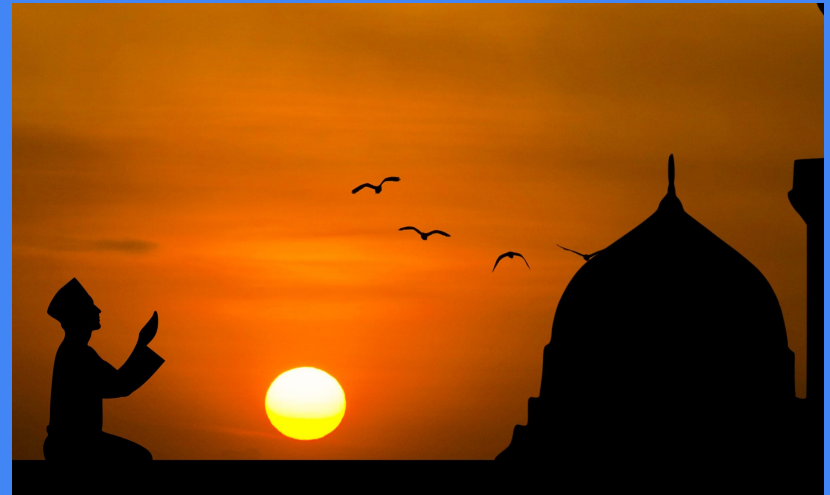
At night your sleep cycle follows your core body temperature cycle. In the evening, your temperature falls. This drop is a signal to your brain that it is time to sleep. Sleeping in a cooler environment encourages this process, helping you get to sleep quicker and easier. (Sleep in a cool, dark, comfortable, tidy, and quiet room with fresh air.)

# STEP 7: AVOID BLUE LIGHT AT NIGHTTIME

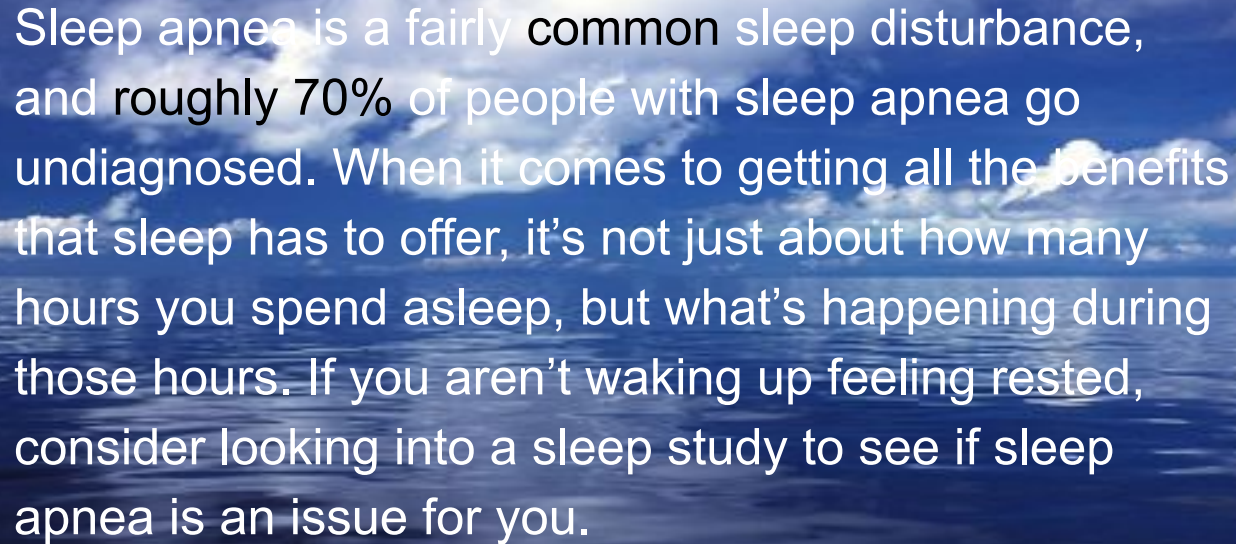
Blue light emitted by electronic devices like cell phones, TVs, and computers blocks your brain's production of the hormone melatonin. In a nutshell, this means too much exposure to blue light too close to bedtime can make falling asleep quite difficult. If you can't avoid screens late at night, try wearing blue light blocking glasses for 2 to 3 hours before you go to sleep.

# STEP 8: DO A MEDITATION PRACTICE BEFORE BED

Meditation is a wonderful tool for stress relief, reducing anxiety, and getting your mind and body relaxed and ready for sleep. Practicing meditation before bed can go a long way towards putting you in the mood for sleep. If you've never tried meditation before, there are plenty of resources available like breathing meditation, and progressive muscle relaxation. Best of all is to grab your bible, pray for the Holy Spirit to be with you, pick a verse or chapter, read it slow and trust that God will give you peace.



# STEP 9: GET TESTED FOR SLEEP APNEA



Sleep apnea is a fairly common sleep disturbance, and roughly 70% of people with sleep apnea go undiagnosed. When it comes to getting all the benefits that sleep has to offer, it's not just about how many hours you spend asleep, but what's happening during those hours. If you aren't waking up feeling rested, consider looking into a sleep study to see if sleep apnea is an issue for you.

# STEP 10: ASK YOUR DOCTOR ABOUT SUPPLEMENTS FOR SLEEP

There are a number of supplements that may help you get to sleep and even sleep better throughout the night. Consider talking to your healthcare provider about the various nutritional supplements that may help you with sleep. As an example, some people may benefit from magnesium and melatonin. Also there are great herbal teas you can use like chamomile, passion flower, valerian root, lemon balm, and magnolia bark. (Also check medications that could interfere with sleep.)

Hope you  
can master a  
perfect night  
of sleep  
starting  
today!



A close-up photograph of two young children sleeping peacefully on a dark brown surface. The child in the foreground is lying on their side, wearing a light grey t-shirt, with their eyes closed and a serene expression. The child behind them is also sleeping, with their head resting against the first child. The lighting is soft and warm, highlighting the texture of their skin and hair.

# SLEEP WELL, BE WELL

Contact us:

HEALTH MINISTRY

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