

Sleep 101

Definitions, Tips, and Real-Life
Examples

Why Sleep is Important

- Sleep helps remove brain waste, repair the body, strengthen memory, and fight illness.
- Example: You feel better after sleeping when sick.

Sleep Stages Overview

1. Drowsy
2. Light Sleep
3. Moderate Sleep
4. Deep Sleep
5. REM Sleep

Each stage plays a role in recovery and brain function.

Drowsy Sleep

Definition: The transition between being awake and asleep.

Key Points:

- You drift in and out of sleep
- Easy to wake up
- Eyes move slowly
- Muscle activity slows down

Example: Nodding off while watching TV or in class

Light Sleep

Definition: A stage where the body begins to relax and prepare for deeper sleep.

Key Points:

- Eye movement stops
- Brain waves slow down
- Heart rate and body temperature decrease
- Lasts about 20–30 minutes

Example: You are asleep but can still be woken up without much difficulty

Moderate Sleep

Definition: A deeper stage of sleep before entering deep sleep.

Key Points:

- Brain produces slow delta waves
- Some smaller, faster waves are present
- Body continues to relax
- Harder to wake up than earlier stages

Example: You may not notice noises around you, like someone talking nearby

Deep Sleep

- Definition: The stage where the body fully relaxes and repairs itself.
- Example: Hard to wake someone in deep sleep.

REM Sleep

- Definition: Stage where dreaming occurs and brain is highly active.
- Example: Vivid dreams happen here.

The first REM sleep period usually starts around 70-90 after we fall asleep, and a complete sleep cycle takes 90 to 110 minutes. As the night progresses, our time spent in REM increases and the time in deep sleep decreases. By morning, people spend almost all their sleep time in stages 1, 2, and REM.

Sleep Debt & Deprivation

- Sleep debt = missing sleep over time.
- Sleep deprivation affects reaction, mood, and health.
- Example: Poor focus in class after little sleep.

Sleep Cycle

- Definition: A full cycle through all sleep stages lasting 90–110 minutes.
- Example: Multiple cycles occur each night.

Tip 1: Evening Routine

- Definition: Repeating calming habits before bed.
- Examples: Reading, journaling, meditation.
- Helps train your brain to feel sleepy.

Tip 2: Avoid Blue Light

- Avoid screens 60 mins before bed.
- Blue light reduces melatonin.
- Example: Phone use makes falling asleep harder.

Tip 3: Meditation

- Deep breathing (4 in, 8 out) calms the mind.
- Example: Reduces stress before sleep.

Tip 4: Journaling

- Write thoughts or gratitude.
- Example: Clears your mind and reduces overthinking.

Tip 5: Warm Shower

- Helps body relax and cool down.
- Example: Feeling sleepy after a hot shower.

Tip 6: Comb Head

- Stimulates scalp and relaxes mind (TCM concept).
- Example: 5–10 mins before bed.

Tip 7: Massage

- Acupressure points help relaxation.
- Example: Reduces tension and stress.

Tip 8: Set Alarm

- Reminder to start bedtime routine.
- Example: Alarm at 9PM to prepare for sleep.

Tip 9: Bed Use

- Use bed only for sleep.
- Example: Avoid watching TV in bed.

Tip 10: Keep Cool

- Ideal temp: $\sim 20^{\circ}\text{C}$.
- Example: Cooler rooms improve sleep.

Tip 11: Dark Room

- Darkness helps melatonin release.
- Example: Use blackout curtains.

Tip 12: Avoid Caffeine

- Stop 6 hours before bed.
- Example: Coffee at night disrupts sleep.

Tip 13: Honey

- Small amount may help sleep.
- Example: Warm honey water before bed.

Tip 14: Don't Eat Late

- Avoid food 2–3 hours before bed.
- Example: Full stomach makes sleep harder.

Tip 15: Sleep Timing

- Best recovery: 10PM–2AM.
- Example: Sleeping earlier improves rest.

Tip 16: Wake Early

- Align with natural rhythm.
- Example: Easier to sleep earlier at night.

Tip 17: Exercise

- Exercise improves sleep quality.
- Avoid right before bed.
- Example: 30 mins daily helps sleep.

Conclusion

- Good sleep habits improve physical and mental health.
- Consistency is key for better sleep.