

# The Healthy Mind Platter



*The Healthy Mind Platter, for Optimal Brain Matter*

Copyright © 2011 David Rock and Daniel J. Siegel, M.D. All rights reserved.

“Each night, when I go to sleep, I die. And the next morning, when I wake up, I am reborn.”

— Mahatma Gandhi

Why is sleep so important for our mental wellbeing?

# What is sleep?

- Put simply, sleep is when our bodies shut down.
- Our minds need sleep to refresh.
- Sleep is a state that is characterized by changes in brain wave activity, breathing, heart rate, body temperature, and other physiological functions.

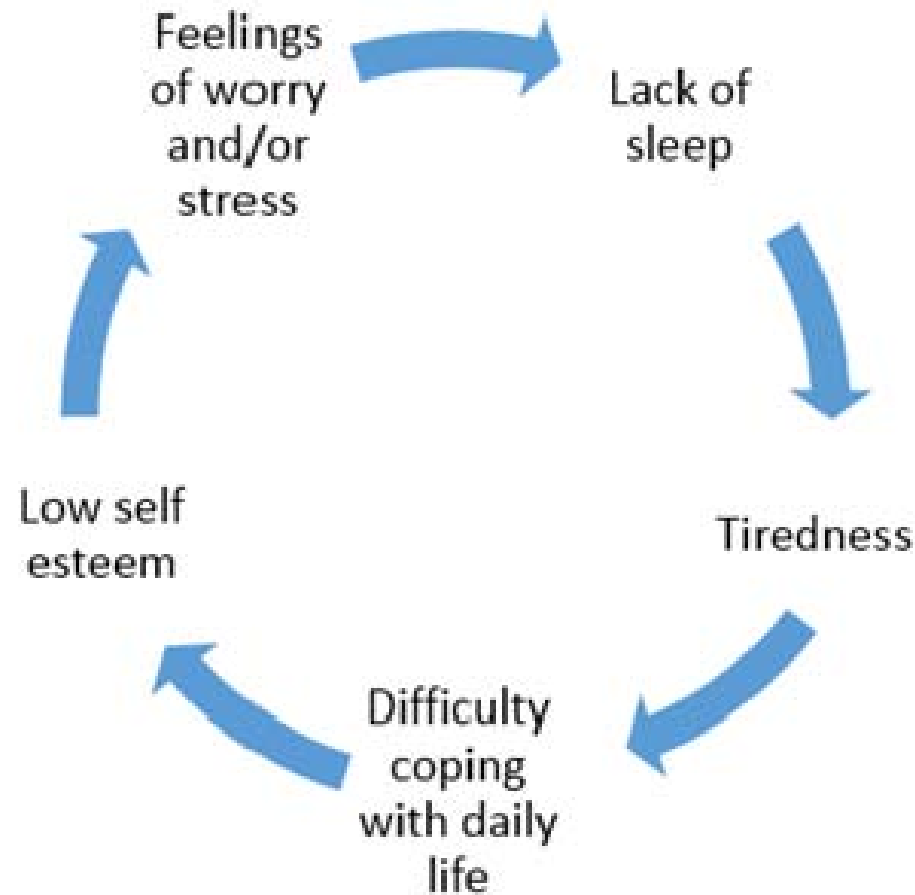


# What happens when we sleep?



BP = Blood Pressure

# What happens when we don't sleep?



# Life is hard enough already. How can we get enough sleep?



Good sleep doesn't just mean lots of sleep: it means the right kind of sleep.

Sleep affects our ability to use language, sustain attention, understand what we are reading, and summarise what we are hearing; if we compromise on our sleep, we compromise on our performance, our mood, and our relationships.

# Sleep is vital for a Healthy Mind

## Top Tips for a Good Night's Sleep

1. Go to bed at the same time each night.

Try to go to bed at around the same time every evening and get up at around the same time every morning. Our bodies like routine, so a set sleeping pattern will help your body know when it is time to sleep.



# Sleep is vital for a Healthy Mind

## Top Tips for a Good Night's Sleep

2. Get enough sleep – aim for eight hours a night.

Most teenagers need about eight to nine hours sleep every night.

Some require more and some less.

Many poor sleepers spend much more than nine hours in bed and this makes fragmented and poor sleep a habit.

Except if you have lengthy sleep requirements, limit your time in bed to no more than nine and a half hours. If you often take hours to fall asleep, go to bed later.



# Sleep is vital for a Healthy Mind

## Top Tips for a Good Night's Sleep

3. Leave the screens to charge in a different room.

The blue light emitted by screens on phones, computers, tablets, and televisions restrain the production of the hormone that controls your sleep (melatonin). Reducing melatonin makes it harder to fall and stay asleep.

Put simply, screens are designed to keep you awake. If you need to read to relax, read a book before bed; screens keep your brain active.





# Sleep is vital for a Healthy Mind

## Top Tips for a Good Night's Sleep

4. Have a calm and clean sleeping space.

Keep your bedroom clean and organised – there's a reason people tell you to tidy up.

You should have a quiet, dark room with comfortable bedding and good temperature control. You deserve it!



# Reflection time

How well do you sleep?

Over the next week, keep track of your sleeping pattern. Do you go to sleep at the same time each night, do you get enough sleep.

The first step to growing a Healthy Mind is sleep.