

# SLEEP

**1. How does chronic sleep deprivation affect your health?**

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**2. What daytime behaviors can affect your quality of sleep?**

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**3. What are a few tips for creating a relaxing bedtime ritual and improving sleep quality?**

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**4. What are a few sleep habits you're excited to implement that will improve your quality of life?**

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1. weakens the immune system, increase inflammation in the body, and raise the risk of chronic illnesses such as heart disease, high blood pressure, obesity, cancer, dementia, diabetes, and more. It can also impact memory, concentration, and hormonal balance.

2. Drinking caffeine or using other stimulants after noon may negatively affect sleep. Getting morning sunlight helps to reset your circadian rhythm leading to better sleep. Eating a low quality diet may lead to blood sugar imbalances and poor sleep.

3. taking a bath with Epsom salts, journaling, practicing gratitude, deep breathing exercises, light stretching, and avoiding screens (phone, TV, iPad). Creating a calm and dark sleep environment, regular exercise earlier in the day and avoiding late-night exercise, limiting caffeine and alcohol intake, especially in the evening, can contribute to better sleep quality.