

Sleep Handout

Average sleep time

School age (6-13) 9-11 hours

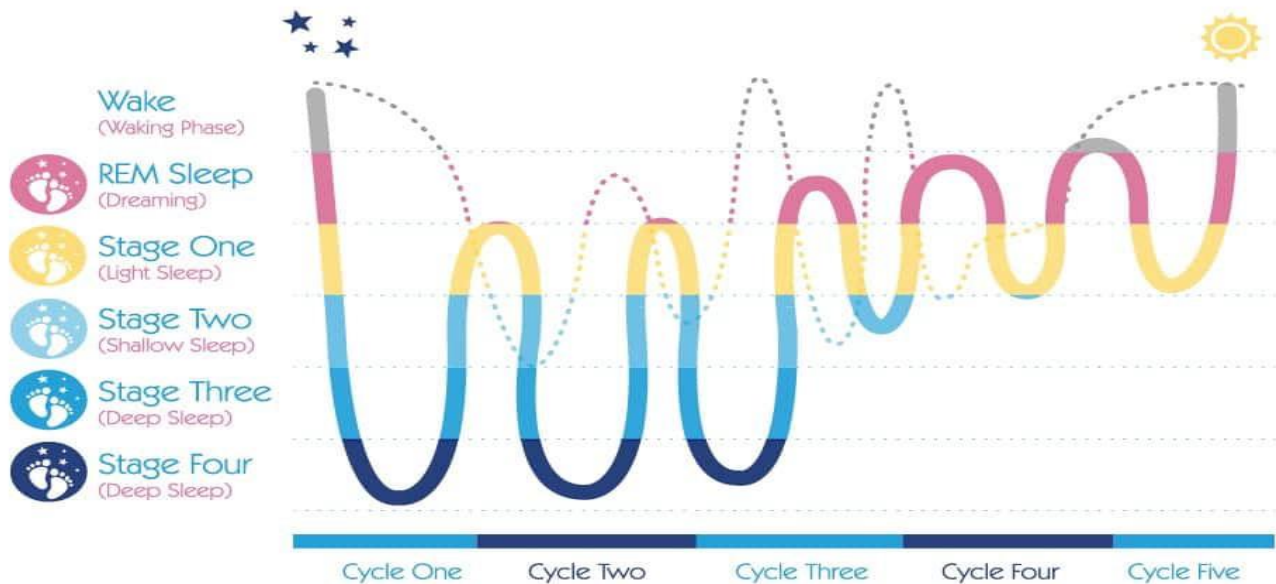
Teenagers (14-17) 8-10 hours

Younger adults (18-25) 7-9 hours

Adults (26-64) 7-9 hours

Think of this as a sleep bank meaning a teenager should average at least 56 hours of sleep a week.

Sleep Cycle



Sleep Types

You are a lark, and owl or something in between.
Third birds are a mix between the two.

Larks are early risers and owls stay up later.
Teenagers are generally owls.

Larks, Owls and 'Third Birds'

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Larks

Larks are:

- Introverted
- Conscientious
- Agreeable
- Persistent
- Emotionally stable

Third Birds

Owls have a statistically longer tail!

Owls

Owls are:

- Open
- Extrovert
- Neurotic
- Impulsive
- Sensation-seeking

25% Solid Evening Types

When: The Scientific Secrets of Perfect Timing by Daniel H. Pink – Out now! DanPink.com

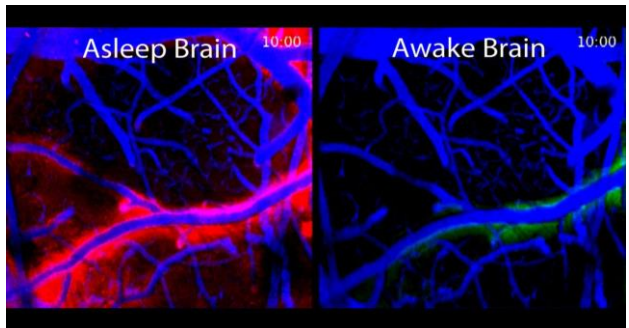
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The best time of day to do these things, depending on your chronotype			
	Lark	Third Bird	Owl
Analytic tasks	Early morning	Early to midmorning	Late afternoon and evening
Insight tasks	Late afternoon/early evening	Late afternoon/early evening	Morning
Making an impression	Morning	Morning	Morning (sorry, owls)
Making a decision	Early morning	Early to midmorning	Late afternoon and evening

The brain has no lymphatic system to remove cellular waste

- Clearance of Interstitial solutes, including Amyloid B
- Amyloid B plaques are associated with Alzheimers
- Rids the brain of cellular waste and toxins



Why it matters

- Lower GPA in college students that have poor sleep
- Increase in hyperactivity
- Lower antibodies
- Increase in chances of obesity
- Increase sympathetic activation
- Decrease killer cell activity

- Decrease in attention
- Higher irritability
- Increase in anxiety and depression
- Consume 10-15% more calories
- Increase Cortisol
- Lower empathy

What to know

Over a four year period 100% of adults will have experienced acute, short-term insomnia. It should take 10-20 minutes to drift off. No light. Light from blue light can go through the eye lids. Your brain still processes when this happens. Light leads to more arousal which leads to less deep sleep. You can reset your clock.

What to do

- Good sleep hygiene; Develop a routine at the same time doing the same things each time.
- Create a good sleep environment. Good mattress, pillows, dark room, cool temperature.
- Go to bed at the same time.
- Expose your body and face to the sun in the morning.
- Block blue light 4-6 hours before bed. Flux app
- Night shift for your phone, no notifications, sounds or light.
- Do not workout less than three hours before bed time.
- Absolutely no nap after 3:00PM and no nap longer than 25 minutes (sleep inertia)