

Foundations of Sleep

Sleep Is the Foundation

Sleep is the base layer for everything you do. Your energy, recovery, mood, focus, and performance all depend on it. When your sleep becomes predictable, your days feel more manageable. Consistency is what makes the biggest difference.

What Healthy Sleep Looks Like; Healthy sleep comes from creating a rhythm your body can rely on.

- 1 Consistent Sleep and Wake Times:** This is the anchor. A stable wake time helps your brain regulate when you feel tired, when you feel alert, and how smooth your day feels.
- 2 A Predictable Wind Down:** Your brain needs a transition before bed. Calming activities like reading, stretching, dimming lights, or listening to something gentle help your body shift into rest.
- 3 A Supportive Sleep Environment:** Your bedroom signals your nervous system. A cool, dark, quiet space helps your body settle. Keeping phones and work out of the bedroom.
- 4 Reduced Evening Stimulation:** Bright light, caffeine, late meals, and alcohol can all interrupt the quality and depth of your sleep. The more predictable your evenings are, the easier sleep becomes.
- 5 Morning Light Exposure:** Exposure to light in the first hour of the day helps your body time melatonin production later that night. This small rhythm supports your whole day.



PUBLIC WELLNESS PROJECT

Some routines/habits that serve as tools for success with sleep:

- Consistent bedtime and wake time
- Wind-down routine (e.g., reading, stretching, journaling)
- Limiting screens (phone, TV, laptop) before bed
- Avoiding caffeine later in the day
- Midday rest or nap breaks (10–30 minutes) when needed
- Creating a calming sleep environment (dark, cool, quiet, comfortable)
- Using relaxation techniques before bed (breathing, meditation, body scan)

These patterns create the stability your body needs to recover and perform.



What to Remember

Sleep improves long before the routine is perfect. When your evenings and mornings become predictable, your body begins to respond. Consistency builds the foundation for everything else.