



GLOBAL
BIOHACKERS

IMMUNE WELLNESS

5 DAYS 5 WAYS TO SUPPORT YOUR
IMMUNE SYSTEM AND STAY WELL

Sleep Guide^{zzz}



Of those exposed to the common cold virus, individuals having slept at least 7 hours had

4.5 times

greater odds of escaping illness than those that slept 5 hours or less.

SOURCE: SLEEP RESEARCH SOCIETY

WHY OUR BODY NEEDS SLEEP

SHARPER MIND



Improves learning

Quicker reaction times

Think clearer

Better decision making

BOOST YOUR IMMUNE SYSTEM

Your immune system relies on sleep to work effectively.

Prolonged lack of sleep can disrupt your immune system leaving you open to common sickness.

WARD OFF HEART DISEASE

Sleep allows for healing and repairing of heart & blood vessels

Prolonged sleep deprivation increases blood pressure, heart rate and chance of heart disease

HEALTHY HEART

HELPS TO KEEP YOU TRIM

Sleep helps balance hormones that make you feel hungry or full (Ghrelin & Leptin)

Sleep affects how your body reacts to insulin

Sleep deficiency can increase the risk of diabetes

www.nhlbi.nih.gov
www.nhs.uk
www.healthfinder.gov

Your Immune System relies on sleep to

Stay Healthy

THE STAGES OF SLEEP

STAGE 1



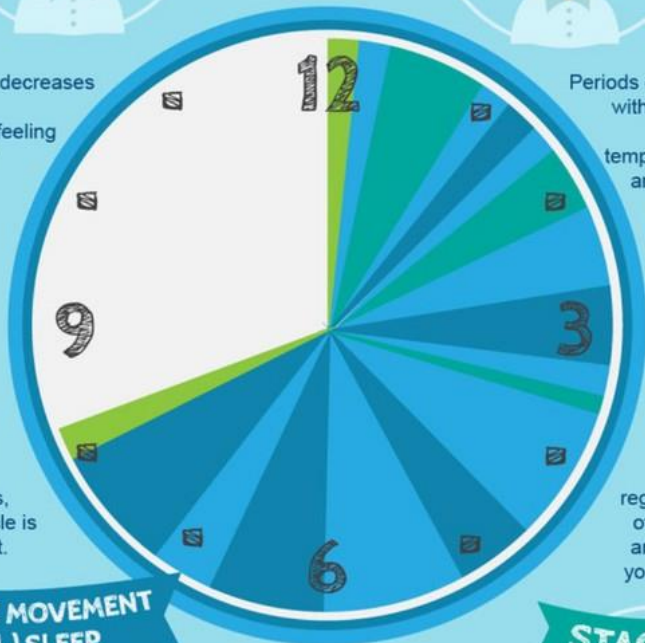
Your brain activity decreases from its stage of wakefulness. The feeling of falling (officially named hypnic myoclonia) is sometimes experienced. Usually lasts **5-10 minutes**.

STAGE 2



Periods of muscle tone mix with periods of muscle relaxation. Body temperature decreases and heart rate slows in preparation for deep sleep.

Intense dreaming with periods of muscle paralysis. First period lasts around ten minutes, and each REM cycle is longer than the last.



Deep sleep. Your body begins rebuilding processes: tissue regeneration, building of bone and muscle, and strengthening of your immune system.

RAPID EYE MOVEMENT (R.E.M.) SLEEP



STAGE 3&4



Source: webmd.com/sleep-disorders/guide/sleep-101

When we sleep, our body restores

not only the energies spent throughout the day, but also the energy spent by our immune system when it fights diseases.

5 Tips for a Better Night's Sleep



Eat meals around the same time each day.

Dinner should always be 2-3 hours before bedtime to allow your body some digestion time in preparation for sleep and restoration.



Limit daytime naps to 20 minutes if at all.

Short naps if needed, allow restoration without going into the deep sleep cycle which can leave you feeling more tired. Longer naps will also interfere with your ability to fall asleep at night time.



Stay Active

Any activity during the day is good for your body and will assist with quality sleep. Moving for at least 20-30 minutes each day and at least 5-6 hours before bedtime is best.



Limit your caffeine

Limiting your caffeine and avoiding it after 12pm altogether will aid in a better night sleep. Other stimulants such as decongestants and nicotine should also be avoided.



Set your bedtime

Going to bed at the same time each night trains your body into a sleep pattern so that it is ready for sleep. Likewise, rising at the same time each morning can be beneficial also.