



Jool's Deep Dive Into Sleep - Session 1

Starting Line Up

Recovering from the day and preparing for the next is a team effort and the key players are the hormones serotonin, leptin, dopamine, and cortisol. While we sleep, these chemicals work together to give us the energy and willpower we need for a healthy and productive day.

SEROTONIN

Serotonin is the feel good hormone that's basically a referee for your mood. Your body replenishes serotonin overnight so you wake up on the right side of the bed feeling calm, collected, and positive.

DOPAMINE

Dopamine helps control your brain's reward and pleasure centers. Dopamine levels rise as you sleep, so you feel energetic and able to tackle any challenges you may face throughout the day.

LEPTIN

Leptin keeps track of how much energy your body has stored and ready to use. Low leptin levels tell your body to eat and rest. Leptin levels are restored overnight, so when you don't get enough sleep, there isn't enough leptin to give you the go ahead to put down the fork and use your energy for a productive day.

CORTISOL

Cortisol is often called the stress hormone. It's basically an alarm system that tells the rest of your body you're under some kind of stress. Temporarily, this system helps you meet deadlines but long term activation has negative health effects. Cortisol levels drop when you sleep decreasing stress, increasing willpower, and fighting off premature aging as a bonus.

CHALLENGE #1

***ON A SCALE OF 1 TO 5 (1- EVERY DAY, 2-OFTEN, 3-SOMETIMES, 4-RARELY, AND 5-NEVER) HOW OFTEN DO YOU EXPERIENCE THE FOLLOWING:**

- ___ Yawning and rubbing your eyes
- ___ Wanting more than 3 caffeinated drinks in one day
- ___ Wanting to fall asleep during the day
- ___ Feeling impatient, irritable, or overwhelmed
- ___ Wanting to just laze around
- ___ Giving into urges and temptations that are against your goals

Add up your scores above: ___ out of 30 points. The closer to 30 you are the better you are functioning. If your score is lower you would likely benefit from some sleep tips.

**This Challenge is adopted from Smarts and Stamina by Marie-Josée Shaar and Kathryn Britton.*



JOOL'S DEEP DIVE INTO SLEEP - SESSION 2

Bass Versus Treble

A SYMPHONIC CYCLE OF SLEEP

CIRCADIAN RHYTHMS

Circadian Rhythms are like a timer for the body, going off at different points during the day, changing how we feel and behave physically and mentally. This 24 hour cycle affects when you naturally go to bed and wake up.

UNNATURAL LIGHT

Before we had candles or light bulbs, we would go to sleep when the sun set and wake up when it rose. At some times of the year this was a lot more than 8 hours. Artificial light pushes back our natural sleep cycles and often shortens the time we dedicate to sleep.

THE WATCH

In the old days, we slept in two separate bouts of sleep, distinguished as the **“first sleep”** and the **“second sleep”**. Between those two, there was a unique, mysterious period of semi-conscious wakefulness identified as **“the watch”** where creativity and discovery thrived. Nowadays, this is pretty impractical for most of us. But there are ways we can use how we used to sleep to find a happy medium. Find out how in this session's challenge.

CHALLENGE #2: EVALUATE YOUR ZZZZ ZONE

Spend some time in your sleeping space with a notepad in hand. Does your room get a lot of natural light in the morning? Are there quiet but noticeable sounds? Does light leak in from the street lights? Make a list of things that may be adding light to your bedroom when you should be sleeping and keeping light out in the morning. Brainstorm solutions. Maybe invest in some thicker blinds, a noise machine, or try going to bed right when you start to feel tired for a week and see how you feel.

☐ **DID IT!**



JOOL'S DEEP DIVE INTO SLEEP - SESSION 3

The Aviary

CHIRP OR HOO? WHICH ARE YOU?

LARKS

(morning people)

- Get up early and go to bed early
- Most productive in the late morning
- Best mood between 9:00 AM and 4:00 PM

OWLS

(late nighters)

- Go to bed and get up late
- Most productive in the early evenings
- Get steadily happier throughout the day

It's really your circadian rhythm that determines if you are closer to an owl or lark. So, fighting your natural ups and downs in energy isn't worth your time. You can't change biology. As much as you can, plan your day around your peak times.

Whether you're a Lark or Owl, don't resent the time between your head hitting the pillow and actually falling asleep. There's a transition period from being alert to being asleep like sunrise and sunset. These mysterious grey periods are known for creativity. Embrace them.

CHALLENGE #3: WHAT KIND OF SLEEPER ARE YOU?

First, take this quiz to find out if you are an owl or a lark. Then think about your daily schedule. Are there any ways you could shift things around to optimize your prime productivity time? Maybe change up when you work out? Block off certain times for working without distractions? Whatever works for you. This will help make it easier to accomplish your goals.

☐ DID IT!



JOOL'S DEEP DIVE INTO SLEEP - SESSION 4

Back to the Blanket

NAPPING: PRODUCTIVITY BOOSTER

In today's society we have a "tough luck" attitude towards people who don't get enough sleep during the allotted 8 hours at night. But research shows this isn't the most efficient way. Remember how a long time ago we slept in phases?

Napping for just 6 minutes or less is associated with improved memory and can even effectively replace longer periods of sleep. When you're dragging during the day, you probably waste a good deal more than 6 minutes of productivity, so why not take the 6 minutes to maintain your physical and mental vitality?

A study out of the University of Michigan found participants who were given a problem to solve after an hour-long nap were more *patient, tolerant of frustration, and spent more time trying to solve the problem* than those who watched a nature video for an hour instead.

CHALLENGE #4

Do you need a nap? Chart your energy level 4 times a day for 3 days on a 1 to 5 scale (1- zombie mode, 2- accidentally dozing off, 3- awake but struggling with focus, memory, and mood, 4 - 80-90% there, 5- superman mode)

If you find yourself charting 3's a lot you would probably benefit from a nap.

DAY 1		DAY 2		DAY 3	
Date + Time	Energy Level	Date + Time	Energy Level	Date + Time	Energy Level