

Boosting the Benefits of Sleep course syllabus

B

Week 1

Acknowledgements/Source of course material, Quotes, Health warning

Why sleep matters: How it benefits us

Why we fall asleep and wake up

What are the two 'types' of sleep and how do they each benefit us?

Functions of REM sleep and NREM sleep

What is the impact of not enough sleep?

When is the best time to sleep?

Timing and duration of naps

'Morning larks' and 'night owls'

When (and when *not*) to eat and drink to help our sleep

Impact from caffeine and alcohol on our sleep

Week 2

How we can sleep well

Good '**sleep hygiene**' (Golden Rules)

Good **sleep strategies**:

- room temperature, bedding, nightwear
- lighting
- sharing our sleep space
- harnessing the power of our thoughts to promote better rest
- good 'life balance'
- mindful meditation, breathwork, relaxation routines
- managing medications and medical conditions

Insomnia: What it is and what it is not

Repairing broken sleep

How we can motivate ourselves to take action (to improve our sleep)

A new vision for sleep in the 21st century

Further reading

