

Sleep

It's not about falling asleep. It's about staying asleep.

Movement keeps your body capable. Sleep is when it actually repairs.

Worth Mentioning to Your Doctor

- Loud or frequent snoring
- Waking to use the bathroom most nights
- Falling asleep on the couch, then feeling wired at bedtime

These are common — and treatable. Not something to push through.

What's Disrupting Your Sleep

- Alcohol — fragments deep sleep, even if it helps you fall asleep faster
- Late eating — keeps your body from settling into deep sleep
- Blood sugar swings — can wake you up overnight without an obvious cause

Build the Right Environment

- Cool room — 65-68°F is ideal
- Fully dark — even small light disrupts your sleep cycles
- Phone out of the bedroom

ONE RULE THAT CHANGES EVERYTHING

Protect the 3 hours before bed.

No food, no alcohol, no screens. This window matters more than almost anything else you can do for your sleep.

Sleep repairs your body. Managing stress keeps that repair from being interrupted.