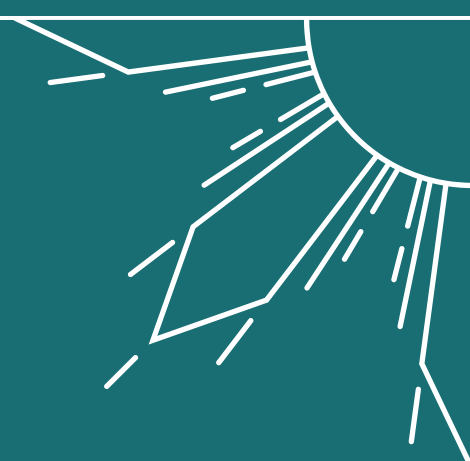


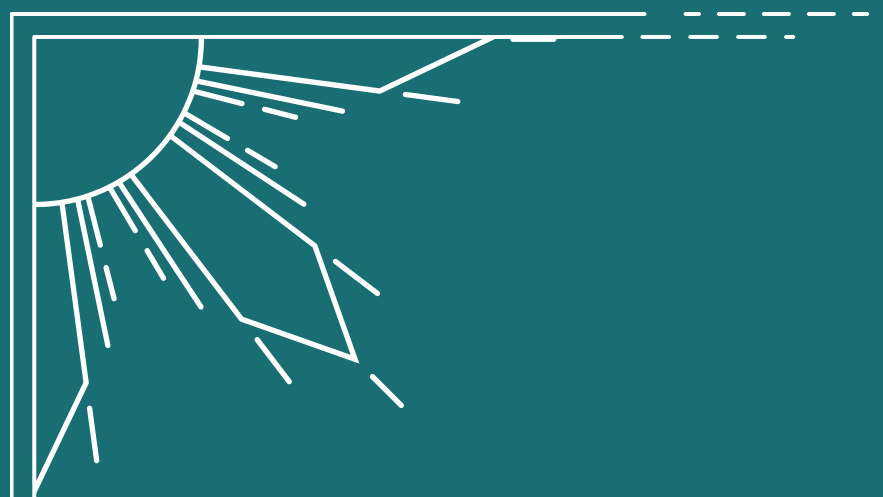
Sleep, Rest, and Wellness

Inglewood
first united methodist church



In Partnership with
Being the Church, Long Beach
and
MSW Candidates at
California State University, Long Beach





The Huberman Lab
Neurobiology
and CBT For
Insomnia



Why Sleep?

**Emotional
Regulation**

**Minimizes
Risk of
Dementia**

**Physical and
Emotional
Healing**

**Focus and
Learning**



Sleep Hygiene

TIPS FOR HEALTHY SLEEP

✗ NO



HEAVY FOOD



BLUE LIGHT



ALCOHOL, SMOKING



CAFFEINE



HARD TRAINING



STRESS

✓ YES



GET UP AT THE SAME TIME



EVENING WALKS



COMFORTABLE BED



COOL AND DARK ROOM




BEDTIME ROUTINE



RELAXING BATH





Circadian Rhythm



2-10 Minutes of Sunlight Before 9 am

Viewed Outside = Serotonin

No Sunglasses or Blue-blocking Glasses

Surrounded by Buildings/Overcast OK

Prescription Glasses OK



Circadian Rhythm

2-10 Minutes of Sunset
Before Dark

Viewed Outside =
Melatonin

Contrast of
Blue/Yellow Light

Surrounded by
Buildings/Overcast OK


Don't Need to See
Actual Sunset



Indoor Lighting



Daytime = All
Lights On



**RULE - No Bright
Lights or Screens
11 pm - 4 am**

Nighttime =
No Bright /
Overhead
Light



Minimal
Screen Time /
"Night-Shift"
Mode

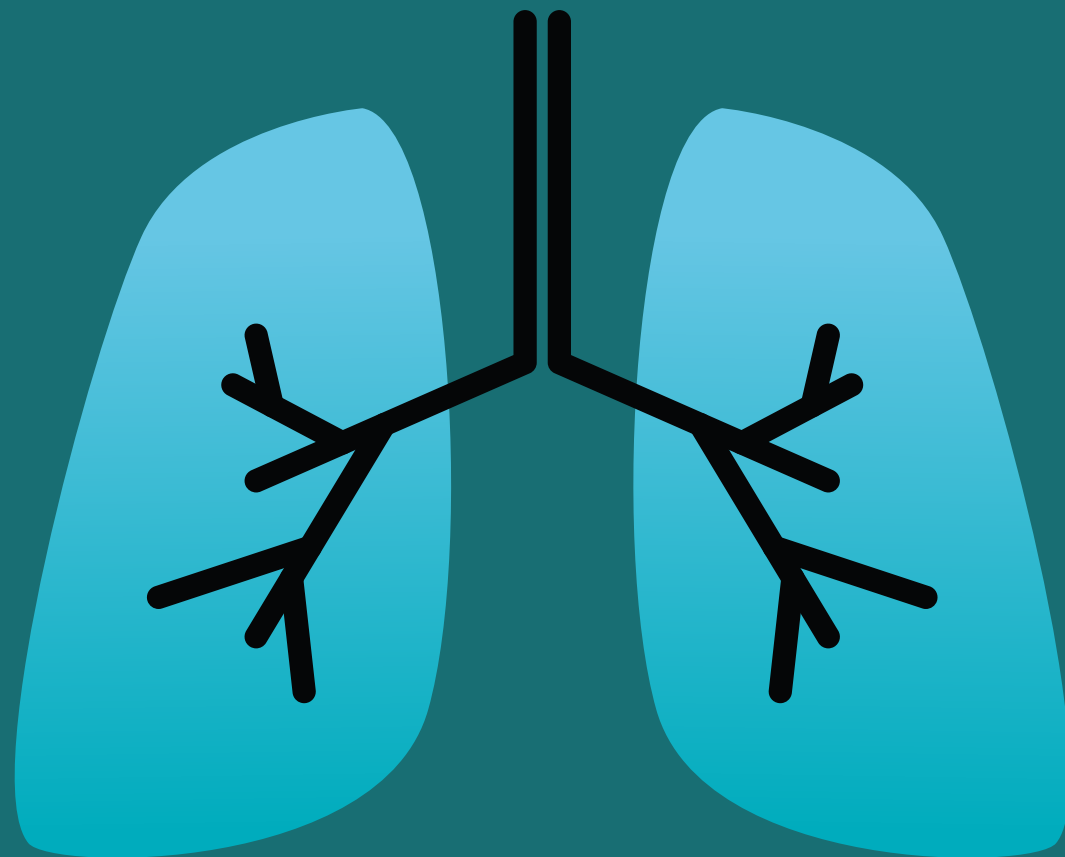


Anxiety

The Best Way to
Control Your Mind is
Through
Your Body



Physiological Sigh



Two Inhales, One Long Exhale

Offloads Carbon Dioxide Build-Up
from Stress

Naturally Done While Sleeping,
Running, and Crying

Good to Practice for 5 Minutes In
Morning

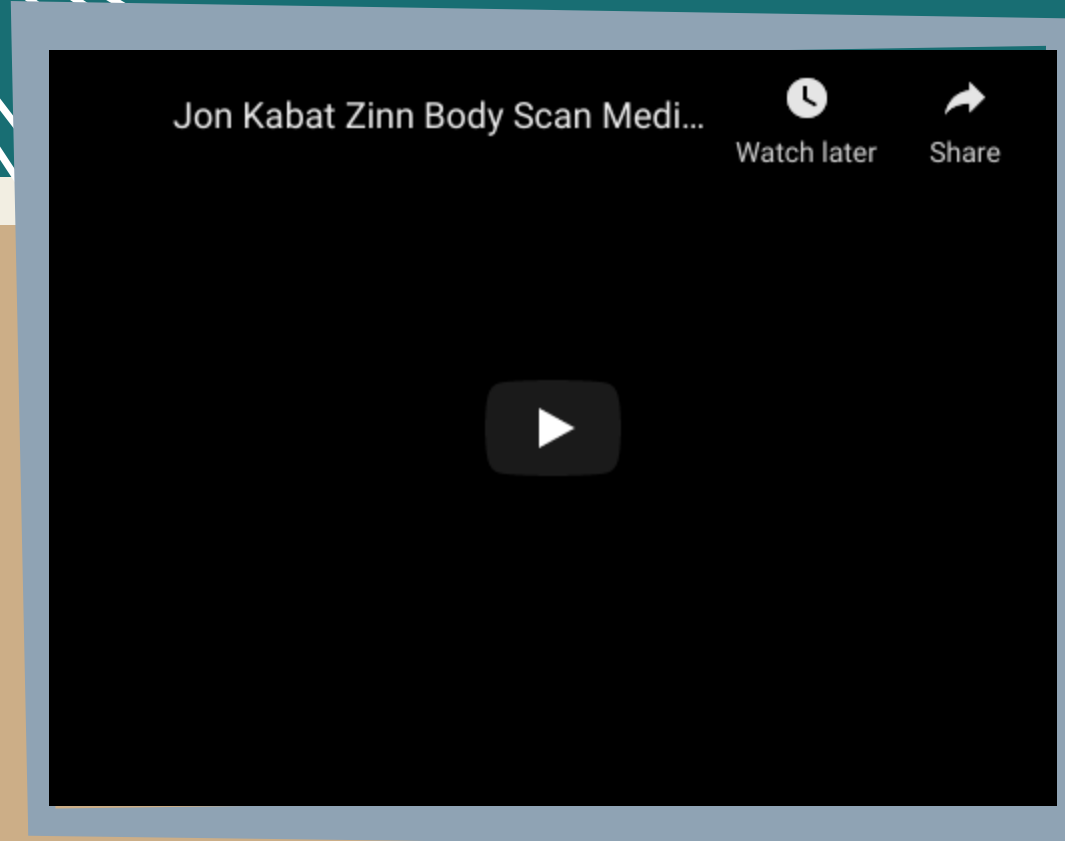
Quick Tool for Immediate Stress
Reduction

Non-Sleep Deep Rest

Creates Slow Brain Waves Like Sleep

Slow Brain Waves are Most Important
for Health

Use To fall Asleep, Get Back to Sleep,
or When Tired



 **Reveri Health**

