

Why Does Improving Sleep Help You Live Your Best Life?



Sleep provides so many benefits!

Increased energy

When you sleep more, you have more energy! Feeling energized means you can get more done and get more exercise.

Less stress & better mood

Sleep can make you a happier person! When you get enough sleep, you're less likely to be in a bad mood and vulnerable to stress.

Better brain power

- With less sleep, it's harder to make decisions and cope with stress.
- Sleep helps with learning, memory, creativity, and thinking clearly.

Healthier weight & eating

- Sleep makes it easier to manage your weight. When sleep deprived, you're likely to eat more (especially carbs), burn fewer calories, and store that unused energy as fat.
- Sleep benefits impulse control, meaning you can more easily resist that extra donut.

Better health

- Being well-rested boosts your immune system so you're less likely to get sick.
- During sleep, your body repairs muscle tissue, reproduces cells, and replenishes energy.
- Sleep gives you healthier skin and makes you look more refreshed.

Sources

Interactions between sleep habits and self-control. *Frontiers in Human Neuroscience* (2015)

Cumulative sleepiness, mood disturbance, and psychomotor vigilance performance decrements during a week of sleep restricted to 4-5 hours per night. *Sleep* (1997)

The metabolic consequences of sleep deprivation. *Sleep Medicine Reviews* (2007)

The impact of sleep deprivation on food desire in the human brain. *Nature Communications* (2013)

Growth hormone secretion during sleep. *The Journal of Clinical Investigation* (1968)

AMP Your Resolution

The secret ingredient to help you achieve your resolutions this year

sleepscore
labs™

Every year we make resolutions to improve ourselves, from losing weight to getting in shape to reducing stress or eating better. SleepScore statistics show that one major reason keeps us from succeeding and it's something we can do something about – getting better sleep.

Compared to people with normal weight, people with obesity show **17 to 22 minutes decrease in total sleep time**. That's a lot in sleep terms!

Here's why:

People between 40 - 60 are getting the least amount of sleep. **This age group could be at the highest risk** for not succeeding with resolution goals.

On average, people who sleep in a room with a temperature **65 degrees or lower sleep almost 30 minutes longer** than those in a room with a temperature of 77 degrees or higher.

People that reported to have **5 drinks or more**, are on average, awake **20 minutes more** at night.

Exercise is **positively related** to amount of sleep during the week.



Awareness

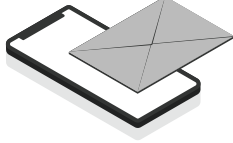
Days 1-7

Day 01




Daytime Behavior

Day 02



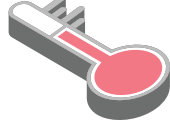
Winding Down

Day 03



Pre-Sleep Routine

Day 04



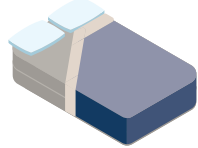
Bedroom Environment

Day 05




Falling Asleep

Day 06



Staying Asleep

Day 07



Waking Up

Makeover

Days 8-14

Day 08



Your Pillow & Mattress

Day 09




Sheets, Blankets & Pajamas

Day 10



Zero Light

Day 11



Keep it Quiet

Day 12



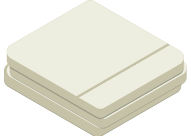
Keep it Cool

Day 13



Pet Problems

Day 14




Keep it Clean

Progress


Days 15-28

Day 15




Keep Your Health in Check

Day 16




Exercise Early

Day 17




Curb the Coffee

Day 18



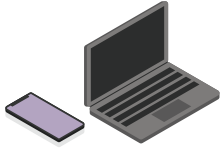
Eat Early

Day 19



Alcohol Curfew

Day 20



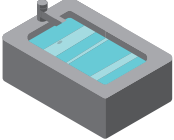
Keep Stress Away

Day 21



Winding Down

Day 22



Warm Up

Day 23




Breathe Deep

Day 24



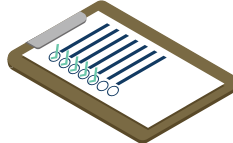
Progressive Muscle Relaxation

Day 25




Soothing Sounds

Day 26



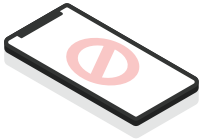
Relaxing Routines

Day 27



Consistent Bedtime

Day 28



Do Not Disturb