TOOGOOD CONSULTING
Embrace your humanity.
Elevate your performance.

Says Matthew Walker in Why We Sleep, *"I believe it is time for us to reclaim our right to a full night of sleep, without embarrassment or the damaging stigma of laziness. In doing so, we can be reunited with that most powerful elixir of wellness and vitality, dispensed through every conceivable biological pathway. Then we may remember what it feels like to be truly awake during the day, infused with the very deepest plenitude of being."*

Sleep is magic. It is free. It is a requirement of nearly every living organism on earth. Although well documented scientifically, our need for and the benefits of sleep are not well known in the public realm, This is unfortunate because seven to eight hours of sleep a day has the power to:

1. Make you live longer
2. Enhance memory and prevent dementia
3. Make you more creative
4. Make you more attractive
5. Keep you slim and lower food cravings
6. Protect you from cancer
7. Ward off colds and the flu
8. Lower the risk of heart attacks, strokes, and diabetes
9. Enhance your mood and decrease the severity of anxiety and depression

Let's be honest, seven to eight hours a day of daily rest is not easy for everyone. Sleep can be elusive and pose a real challenge for some. To help you reap all the benefits of sleep, check out the tips below and on the right.

Smartphones and other devices may one of the biggest detractors from getting enough rest. To wrangle your control over your devices, consider the following ideas from the American Heart Association:

MOVE IT: charge your phone as far away from your bed as possible. Added bonus? The distance may help you feel less overwhelmed in general

DIM IT: Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your circadian rhythm and melatonin production

SET IT: Alarms aren't just for waking up – set a bedtime alarm to remind you that it's time to wrap it up for the night

LOCK IT: If you've got a scrolling habit you need to kick, try an app-blocking app that makes it impossible to get lost in after-hours emails, social media or gaming

BLOCK IT: Tell notifications to buzz off if they're waking you up at night. Put your phone on "do not disturb" mode to block it all out when you're trying to sleep.