

Handout „sleep & relaxation“

Basic knowledge compact

- Hormones are important for healthy sleep
- Hormone release is inherent and unchangeable
- No sleep without melatonin - peaks between 2am and 3am
- Cortisol is the antagonist of melatonin and is formed in the second half of sleep
- Cortisol initiates the shift from sleeping to waking
- "Too much" of cortisol - caused by stress during the day - prevents restful sleep!

Sleep disorders and their consequences

- Lack of sleep affects the immune system negatively
- Lack of sleep makes you carefree and willing to take risks
- Increased number of errors
- Increased likelihood of developing depression
- Makes irritable
- Many more

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- By the way, lack of sleep can have legal consequences, e.g. in the event of a car accident!
- - Lack of sleep has the same cognitive effect as drinking alcohol
- - 17 hours of wakefulness = 0.5 per mill
- - 22 hour wakefulness = 1.0 per mill

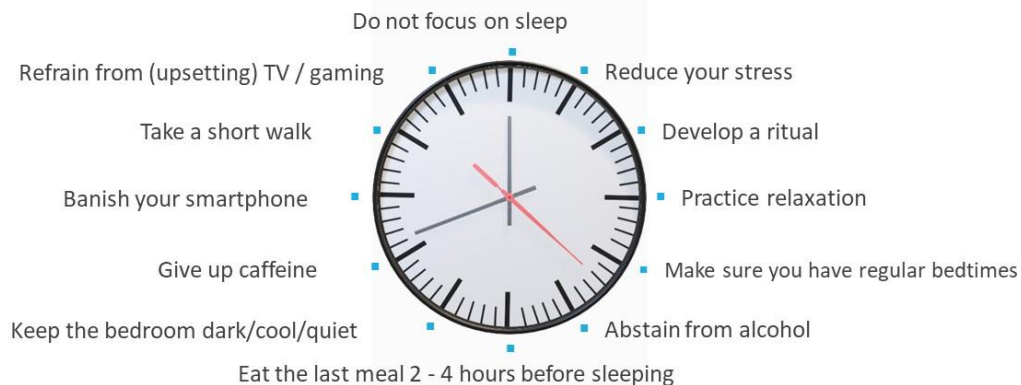
Cortisol triggers sleep problems

- Due to stress, we have too high a cortisol level and this allows us to lie awake at night.
- The most important starting point: Reduce cortisol levels!
- First aid: exercise (serotonin and endorphin "eat" cortisol) and relaxation (cortisol level drops)

Adjustment for a better sleep

The most important adjusting screw that stands above everything else: **Keep stress levels low**, or reduce them before sleeping! It is always good to attend a stress prevention course.

The sleep clock - 12 rules for better sleep



Deepening of adjusting screws against stress

Books:

- „Calm and Confident Under Stress“ written by Gerd Kaluza
- „Mindfulness-Based Stress Reduction“ written by Linda Lehrhaupt
- „Mindful Master“ written by Nick Trenton

Free tutorials - relaxation methods:

https://www.youtube.com/watch?v=_DTmGtznaB4 (ENGLISH)

<https://www.tk.de/techniker/magazin/life-balance/aktiv-entspannen/download-anleitung-entspannung-2006922>(GERMAN)

We wish you all the best and sleep well!

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