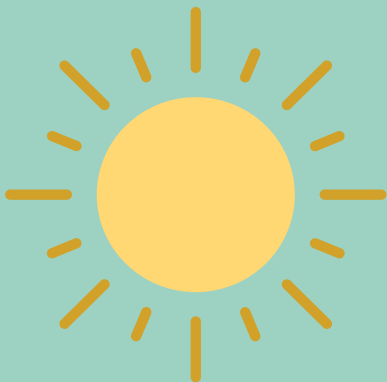


World Sleep Day
Hosted by World Sleep Society
MARCH 19, 2021 REGULAR SLEEP
HEALTHY FUTURE



BRAINWISE

To sleep or not to sleep...



Is that the question?

dr. Aisha Cortoos, Mpsy, PhD

www.brainwise.be





WHEN SLEEPING NO LONGER COMES NATURALLY

*Sleeping is a dangerous behavior. We are vulnerable when we sleep! As such, there is a direct **link with the stress system**, designed to make you **vigilant when in danger**. This is our **biological survival mechanism**.*



Sometimes we do not sleep very well, because **our stress system is stimulated**, because of **exciting things** happening in our lives, because of **sudden changes**. Acute insomnia is **quite normal**. Worrying about it signals even more danger! **Accept that your sleep is not as good as it should be** and think about how you can **create a sense of security and calm**.



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WHEN SLEEP NO LONGER COMES NATURALLY

Sleeping is like walking down the stairs very quickly: as long as you don't look at your feet, you're fine! If you look at your feet and consciously try to figure out how to do this, it will no longer happen automatically ...

Are you **very focused on your sleep**? This increases your vigilance. Don't focus on quantity, but rather on quality! Take some **extra time to relax and go to bed later**. This will deepen your sleep and **increase sleep quality**.



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WHEN SLEEPING NO LONGER COMES NATURALLY

Sleepiness and fatigue reflect 2 different needs of your body, like hunger and thirst. "I have to sleep because I'm tired" is a bit like saying "I have to eat because I'm thirsty".

Sleepiness is the effort you have to make to stay awake. It is the signal of your body that you are **ready to sleep**.

Fatigue often reflects your **need for rest** or recuperation.

So make sure to plan enough time for activation, rest and sleep, and only **go to bed when you are sleepy**.



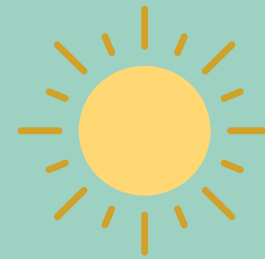


WHEN SLEEP NO LONGER COMES NATURALLY

*Our internal clock uses **daylight, darkness and behavior** to decide when we can sleep or need to be vigilant. **How can you help your internal clock?***

Get up every morning around the same time, even in the weekend. This will program the production of your sleep and wake hormone. You will feel more refreshed in the morning and fall asleep easier in the evening.

Expose yourself to **daylight during the morning and the day**. Go outside for a walk or exercise outside.



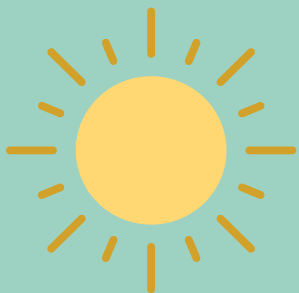
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Do you wish to improve your sleep? Don't hesitate to contact us for :

- A sleep intake to evaluate your sleep complaints
- An individual sleep improvement training, online or in the practice
- More information... ?



How are you sleeping?

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