

GRAYMIND SLEEP SERIES



GRAY MIND

SLEEP
SERIES



TIP

ONE

TUNE INTO YOUR NATURAL
'WAVE OF SLEEPINESS'.

DO NOT GO TO BED ALERT

- * A sleep cycle lasts 90 minutes.
- * Notice when you get drowsy, be ready to drop everything and immediately go to bed.
- * If you miss the 'wave' by finishing off an episode or having a shower you will have to wait for the next 90 minute wave to fall asleep



TIP

TWO

USE MINDFULNESS TO MANAGE

A 'CHATTERING/OVERACTIVE MIND'

- * Mindfulness exercises put intrusive thoughts to rest, and redirect your attention away from emotion-related material.
- * Your brain can only process and consolidate emotional memory during REM sleep

MINDFUL EXERCISES INCLUDE:

10 MINUTE MEDITATION WITH

HEADSPACE WRITE IN A JOURNAL



TIP

THREE

CREATE A DROWSY BRAIN
BEFORE SLEEPING

