Sleep

How we feel and perform largely depends on the quality of our rest. And while no one would question the importance of sleep for our well-being, it is often the first thing we compromise when priorities pile up. When there are not enough hours in the day, we steal some from the night.
This is a problem. Sleep is not a luxury.
In fact research shows:

Adults need **7 - 9 hours** of sleep a night. [1]
Nearly **30%** get **less than 6**. [2]

90% of people in the U.S. admit to using a technological device during the hour before turning in. [4]

Nearly **50%** of people check their phones in the middle of the night. [3]

Chronic sleep deprivation is linked to increased risk of **accidents**, declining job **performance**, and decreased **sociability**. [5]

HOW TO GET MORE REST OUT OF YOUR SLEEP

1. **Experiment**: Make a commitment that for the next 2 weeks you will get 7+ hours of sleep every night. Notice changes in your wellbeing and ability to focus during the 2 weeks.

2. **Catch the melatonin wave:** Go to bed when you start to feel drowsy. For most people this is between 10pm and 11pm. The drowsy feeling indicates that melatonin was released. 'Catching the melatonin wave' will make it easier for you to fall asleep and improve the quality of your sleep.

3. **Relax your mind**: Avoid mentally stimulating activities for 1 hour before bedtime. Working before going to bed will suppress melatonin production and keep you awake. Instead take a walk, tidy up, do the dishes, listen to music, etc. Reading an old-fashioned, printed book under lamplight is a great idea. As is a few minutes of mindfulness practice.

References:
Research studies: study 1, study 2, study 3, study 4, study 5
Book: Hougaard, R., Carter, J., Coutts, G. (2018) The Mind of the Leader. How to Lead Yourself, Your People and Your Organization for Extraordinary Results. Harvard Business Review