



# **Are you in sleep debt?**

A pocket guide to help you to  
budget for better quality sleep



# 'Budget your sleep' like you budget your money

Budgeting for a good night's sleep is as important as budgeting your money. Nobody wants to fall into debt. It's hard not to worry about how you are going to make your payments, or how you'll keep from taking on more debt to make ends meet.

If not carefully managed and tracked, sleep deprivation can get you into significant sleep debt, which is the difference between the amount of sleep you need and the amount you actually get.



# Sleep debt doesn't work like a bank account

If you eat unhealthy foods for a full week, eating only kale and celery for the next week will not undo all the damage you have done. It's not an even trade. In the same sense, when you have a bad night's sleep, the damage to your brain and body is done.

If you think that you can go into sleep debt during the week, and then make up for this on the weekends (or perhaps vice versa), you are absolutely wrong. Your body clock, also called your circadian rhythm, benefits tremendously when you have regular and good personal sleep habits. As a result, your brain will function optimally. Your brain (the 'conductor' of your body) wants a rhythm of regular sleep patterns ... every day and every week!

The World Sleep Society has emphasised this, especially during the pandemic. 2021's World Sleep theme is 'Regular Sleep. Healthy Future'. Make sure that you have a healthy future: watch your bank account, and monitor your daily sleep habits.

**“ Sleep is an obvious thing to control and manage just like available cash or inventory levels. Sleep is a resource. – Dave Asprey**

*Lifestyle guru & New York Times bestselling Science Author*

**As a resource, you need to plan ways to manage your sleep. So much 'repair' work happens in your brain while you sleep. Sleep is not a necessary evil. Focusing on sleep as a resource for your energy is more important than what you eat, and how much you exercise!**

**– Joni Peddie**

*Author & CEO of the business 'Resilient People'*

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# What is a good sleep budget?

Investopedia wrote an article on the 6 reasons why everyone should create, and stick to, a financial budget. Each reason explains the advantages of budgeting, as well as the detrimental consequences if you don't follow one. A sleep budget works in a similar way. We will use the same 6 reasons to explain why you should pay serious attention to budgeting for sufficient quality sleep, from today!

## 6 reasons why you need a sleep budget:

1. Keeps your eye on the prize
2. Ensures you don't overspend
3. Leads to a happier retirement
4. Prepares you for emergencies
5. Identifies bad habits
6. Better than counting sheep



# 1.

## Keeps your eye on the prize

A budget helps you focus on how your short-term decisions can influence your long-term goals. Without a daily restoration and rejuvenation plan for better energy management, you will fail to achieve your goals over the next week, month, and years to come.

### When tempted to fall into sleep debt, ask yourself:

- What goals do I want to achieve, professionally and personally, both short-term and long term?
- Do I have the energy and dynamism to achieve my future goals? Sleep 'reboots' your system overnight, and gives you the energy you need for mental clarity and intrinsic motivation.
- Am I getting enough sleep? Your brain repairs, restores and rejuvenates overnight when you 'invest' in (at least) 7 hours of quality sleep.
- Am I ageing well? What do I look like, and how do I feel? People who sleep well, age well.





# 2.

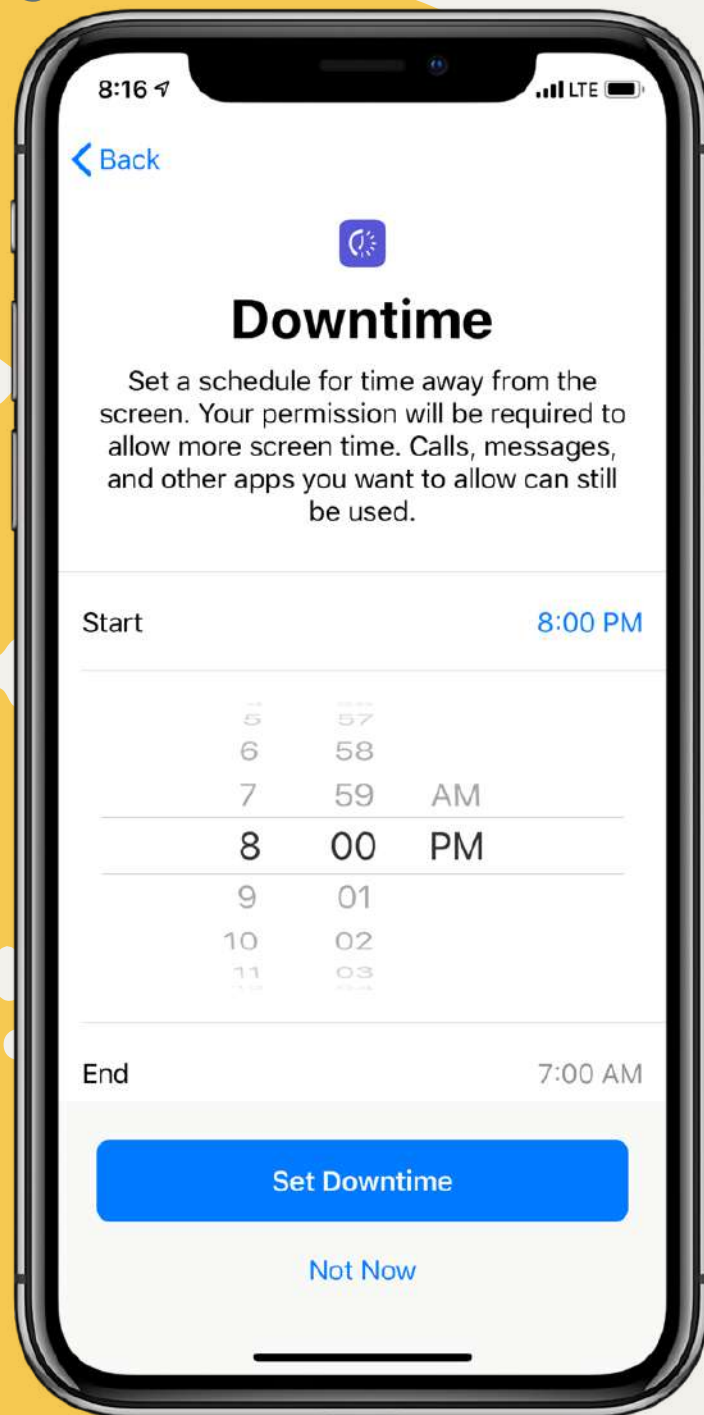
## Ensures you don't overspend

Before the age of credit cards, people usually knew if they were living within their means. These days, however, people who abuse credit cards don't always realize they're overspending until they're drowning in debt.

Similarly, the emergence of mobile devices and laptops makes it much easier to 'overspend' on screentime and 'borrow' on sleep. It's very easy to carelessly scroll through social media without realizing how much time has passed. The 'blue light' emitted by these screens suppresses the production of melatonin, the hormone that naturally controls your body clock/your circadian rhythm. This reduces our ability to fall asleep quickly, and most importantly to have deep, restorative sleep.

### Tips to boost your 'melatonin' bank account:

- Track your screentime on your phones. Apple and Android give you a daily report of your screentime, and how it compares to previous weeks. In addition, turn on the 'Downtime' option to schedule specific time away from your screen.
- Switch off your computer, television and mobile phone at least 60 minutes before you go to bed. This daily digital detox will allow you to disconnect from stimulating content and unwind from the stress of the day.
- For those unavoidable late nights at the computer, wear blue light blocking glasses to block out the blue light, reduce eye strain, and improve your sleep. We recommend TrulyBlue. Click here to go to [www.resilientpeople.co.za](http://www.resilientpeople.co.za) and order!



# 3.

## Leads to a Happier Retirement

↪ Your habits today inform your biology tomorrow!

Do you want to have a fully-functioning mind and body when you're 80 years old? If you don't prioritise your sleep, you are putting your health at risk. Good quality sleep is the magical diet pill and the ultimate wrinkle cream we've all been looking for.



According to Matthew Walker (Professor of neuroscience and psychology at the University of California, Berkeley), if you're only sleeping 6 hours a night (instead of the minimum of 7 hours), you have a **200% increased risk of having a fatal heart attack or stroke!** He has also found that the sleep you're having at this time in your life will determine when and how fast Alzheimer's pathology will develop in your brain. The toxic plaque known as beta-amyloid, a factor in the onset and progression of Alzheimer's, increases substantially for people who experience fragmented sleep, and less non-rapid eye movement (non-REM) slow-wave sleep.

A lack of sleep causes degenerative effects throughout the entire body, so the immune system will not work as efficiently when you are sleep deprived. Additionally, sleep gives your immune system the chance to recoup and re-evaluate how best to attack invaders. Without enough quality, deep sleep, your immune system will have a very difficult time developing antibodies and keeping up its defences. We should all wake up to the fact that we're living in 'pandemic times', and hence more focus is needed on boosting our immune systems... if you want to retire well.

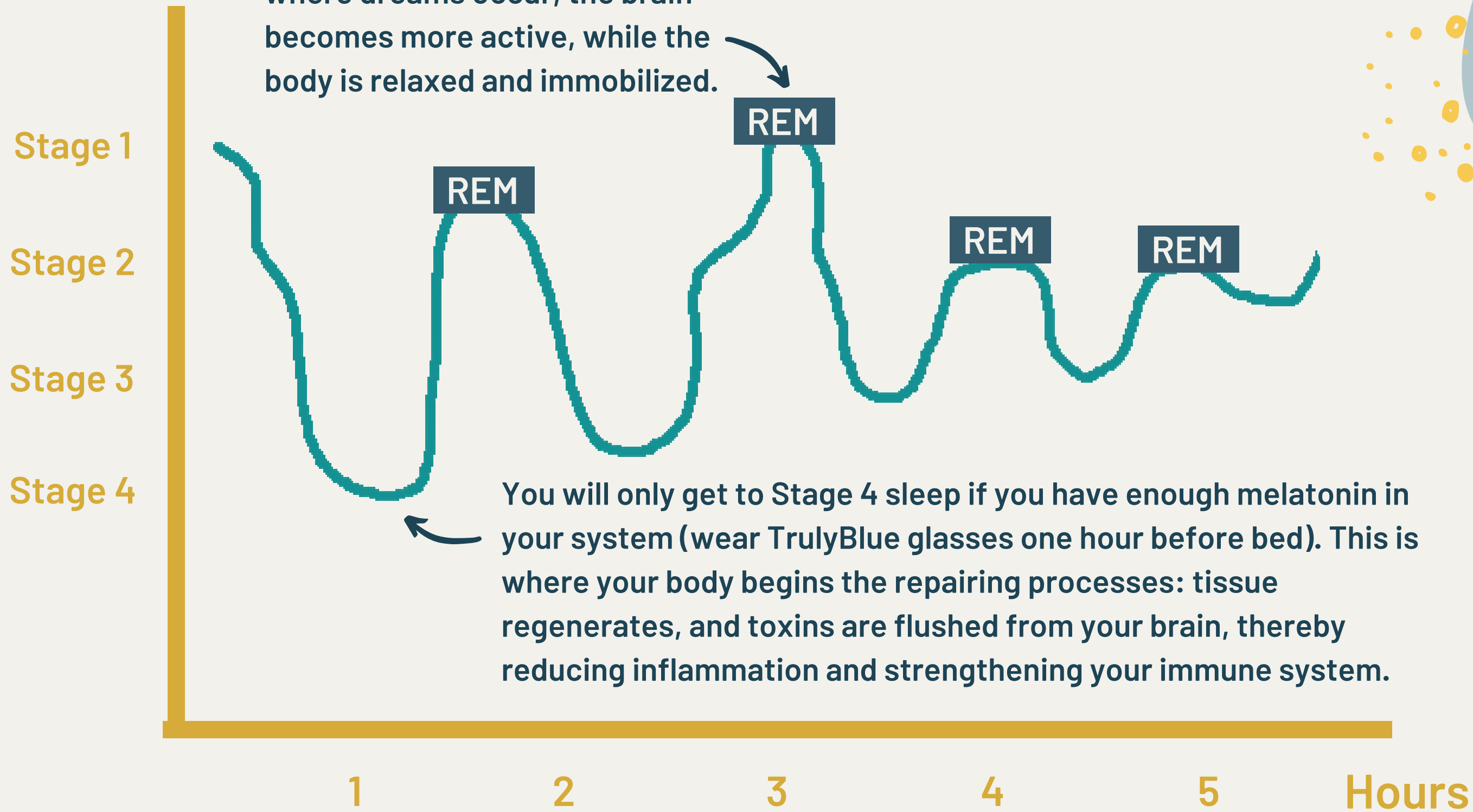




# 3.

## More about what to do TODAY for a Happier Retirement

Rapid Eye Movement: This is where dreams occur, the brain becomes more active, while the body is relaxed and immobilized.



"The brain washes itself during deep sleep, and so there may be a chance to turn back the clock by getting more sleep earlier in life."  
- Matthew Walker

When you retire, you want to remember your children's names! Too much beta-amyloid plaque between your neurons and you won't remember much at all!



## 4. Prepares You for Emergencies

Your sleep budget should include an emergency fund for those unexpected occurrences, such as having to meet an unexpected deadline, or a situation where you have to make a quick spontaneous decision.

Studies reveal that the amygdala (the part of the brain that is responsible for triggering strong emotions such as anger) has over 60% more emotional reactivity in people who are sleep-deprived. Without sleep, we tend to have a pattern of uncontrolled, and often inappropriate, emotional reactions.

The pre-frontal cortex (that part of the brain associated with rational, logical thought and decision-making), is also deeply affected after a poor night's sleep. Without sleep, we have little rational control, and critical thinking skills will probably go out of the window.

If you really have an emergency, make yourself comfortable on your bed, cover your eyes with an eye mask, and have a 20 minute power nap. Relax, breathe deeply, and switch off from the world.

"Every time you made a leadership decision that you regret, when you look back at the night before you probably had a bad night's sleep."

-Dave Asprey

Driving your car after a poor night's sleep is like driving with a blood alcohol content of 0.08%, which is over the legal limit! In fact, car accidents caused by drowsiness tend to be more deadly than those caused by alcohol or drugs.

## 5. Identifies bad habits

What daily habits affect your quality and quantity of sleep? The way you eat, move and sleep are inextricably linked! Even seamlessly small changes in any one of these areas will have a significant impact on your health.

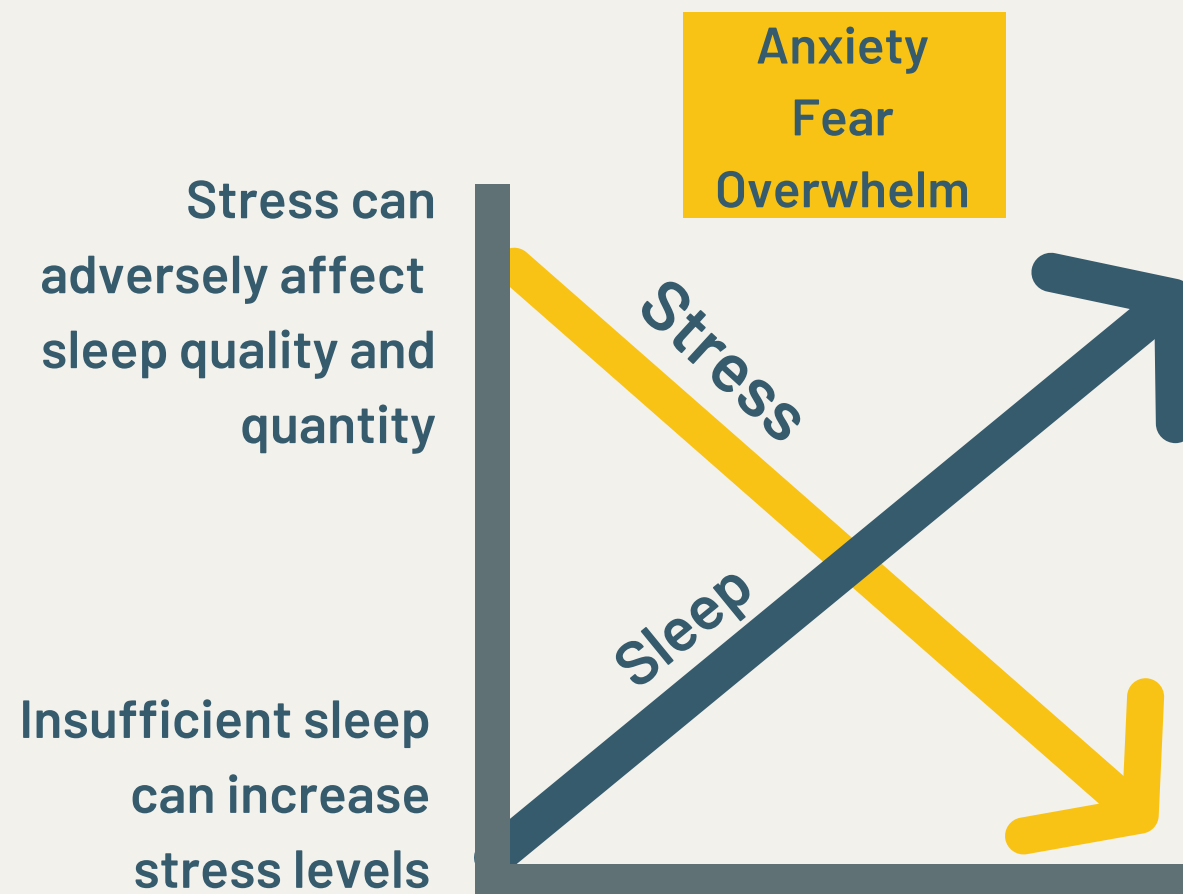
**Here's how you can improve your eating and exercise habits for a better night's sleep:**

- Exercise, such as walking for just 10 minutes a day, improves sleep quality. Try exercising earlier in the day, as your brain will release endorphins and keep your brain activated and your body energetic for the day's activities. It will also allow time for the endorphin levels to regulate and the brain to wind down by bedtime. Not only does regular exercise increase blood flow and help nourish and repair the skin, but it also releases cortisol from your body - which all helps for a better night's sleep.
- Avoid caffeinated drinks for at least 6-8 hours before bedtime. Caffeine blocks the production of chemicals in the brain that tell your body to fall, and stay asleep. Tea, coffee and carbonated soft drinks can stay in your system for up to 12 hours!
- Cutting back on refined sugar and high carbohydrate foods will help you maintain regular energy levels throughout the day, and help you to sleep better at night.



# 6

## Better than counting sheep



Many of us are working longer and harder than ever before, and we are constantly put under pressure to be 'always on' and 'always available' every day. Working during these pandemic times has exacerbated this! Add the many more 'stressors' we're facing, like home-schooling, living at work (used to be called 'home') plus being 'in-and-out' of lockdown, and it's no wonder that at least 20% of most worldwide populations are suffering from severe anxiety and depression.

The inability to manage stress is inextricably linked to sleep deprivation. Stress can adversely affect sleep quality and duration, while insufficient sleep can dramatically increase stress levels. We're often not working smartly, because we're sleep-deprived. Similarly, we're not sleeping well because we haven't been as productive (as we needed to be) during the day.

A simple sleep 'bio-hack' is planning and budgeting for a 'full stop' at the end of your day. Budget time to spend soaking in an Epsom salt bath. Relax, breathe deeply and then properly de-stress – tuck your nose into a good novel, and completely switch off from the day. This almost guarantees that you will slip easily into that restorative stage 4 sleep after you snuggle up under your duvet. We have a range of awesome sleep salts on [www.resilientpeople.co.za](http://www.resilientpeople.co.za) that can be delivered to your front door.





# Sleep Budget Tracker for the next 21 days

## Pre-bed

- Did you wear blue light blocking glasses for 60-90 minutes before going to bed?
- Did you set an alarm to get to bed on time?
- Did you follow pre-bedtime routine (sleep hygiene routine), which is a way of 'calming' your brain at the end of your day?
- Did you switch off your mobile phone/laptop/tablet/TV at least 60 minutes before bed?
- Did you 'switch off' at the end of the day? (Try an Epsom salt bath/reading/listening to music or a meditation app)
- Have you used a Sleep App to help you fall asleep? (Try: Headspace, Nosili, Pzizz, Slumber or Calm)

## My personal observations for the next 21 days

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General comments: .....

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# Sleep Budget Tracker for the next 21 days

## What gets measured, gets managed

- How long did you sleep in total?
- What time did you fall asleep? (approx.)
- Roughly how long did it take you to fall asleep? (from turning your light off to sleeping)
- How many times did you wake up in the night?
- How long were you awake throughout the night?
- If you would like to measure your sleep, try the App "Sleep Cycle" (the free version is terrific)

## My personal observations for the next 21 days

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General comments: .....

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# Sleep Budget Tracker for the next 21 days

A good night's sleep tonight starts from the minute you wake up!

My personal observations for the next 21 days

- Do you wake up at a similar time each morning? .....
- How refreshed did you feel when you wake up? (1-10) .....
- How well did you function during the day? (1-10) .....
- What was your mood like during the day? (1-10) .....
- Did you stop drinking coffee, tea and green tea 8 hours before bedtime? .....
- Did you avoid sugar (especially after lunch)? .....
- Did you take a 20-minute power nap, if your energy levels were running low? This is a good habit, rather than loading up on coffee and sugar! .....

General comments: .....  
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