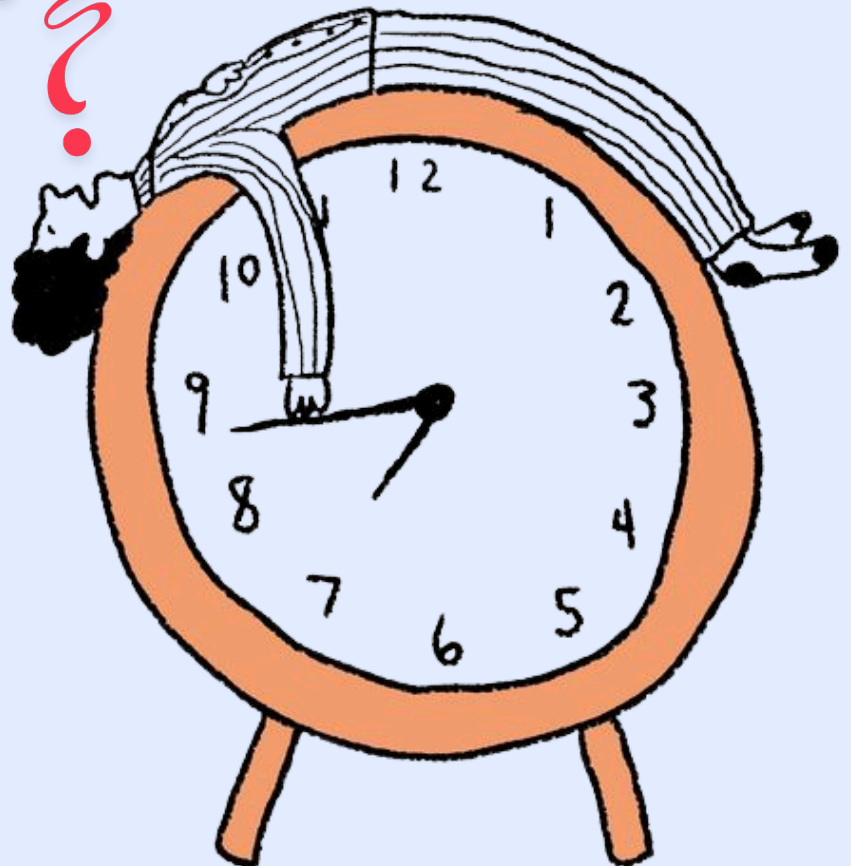


Sheep?

DOES IT
REALLY
MATTER?



What is This Thing Called Sleep?

Sleep is when you close your eyes and your body takes a break. Sleep allows your body to rest and repair. During this time, your brain slows down, muscles relax, and breathing becomes slower. It's essential for memory sorting, waste removal, and overall health, helping you think clearly and feel good.

Why is it important?

Improves learning and memory by consolidating information overnight.


Regulates cortisol and other hormones.

Acts as a repair service for the body and supports heart health.

Boosts immune system, enhances disease resistance.

For children and teens, sleep is key to supporting healthy growth and development.

Reduces stress, enhances mood, and encourages social interactions.



Falling asleep is not as simple as we think

When we sleep, our brain travels through various stages and dreams in cycles, similar to a cyclist riding a circular track. These repeating cycles refresh and help us rest in essential ways.

Stage 1 (Light Sleep): You're in a semi-awake state, aware of sounds from outside, similar to being in a waiting area with people passing by.

Stage 2 (True Sleep): You've moved to a quieter room, resembling a cozy bedroom where a gentle knock might wake you.

Stage 3 (Deep Sleep): You experience deep sleep, unaware of outside noises. Your body focuses on rejuvenating itself.

REM Sleep: You're in a vivid dream-filled room, akin to a theater showcasing movies all night, while your body remains still and your brain is highly active.

Each sleep stage has a distinct role: light sleep aids transition, deep sleep repairs the body, and REM supports dreams and emotional balance. Variations in stage length and disruptions can impact well-being, emphasizing the importance of uninterrupted, balanced sleep.



Imagine your circadian rhythm as the school bell. Just like the bell rings to signal when it's time for class, lunch, or dismissal, your internal clock rings to tell your body when it's time to wake up, be active, and go to sleep.



Lunch Bell: As the day goes on, you're active and alert, just like students are during their classes. Your internal clock keeps you going, just like the bell keeps the schedule on track.



Morning Bell: The sunrise signals your body to wake up, feel energized, and prepare for daily activities.



The School Bell

Dismissal Bell: As evening approaches and the sun sets it's like the final bell of the day. Your body starts to get ready to wind down, signaling that it's time to relax and prepare for sleep.



Over time, artificial light and irregular schedules have disrupted our natural sleep patterns, which once aligned with sunrise and sunset. This misalignment can lead to having consequences not just on our physical health, but also mental health.

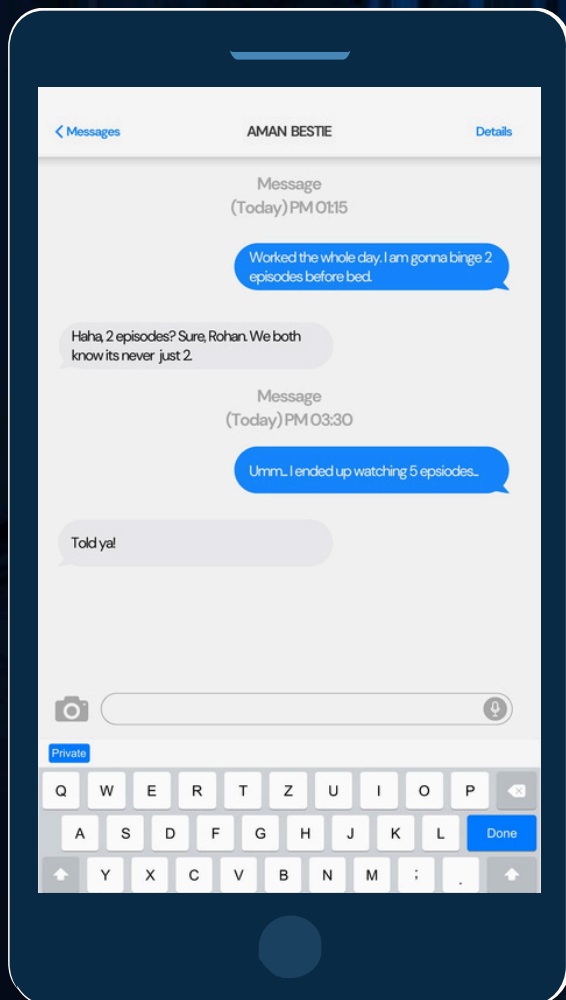
Reclaiming lost hours by resisting rest



In today's fast-paced world, especially in a city like Mumbai, where staying up late is often celebrated and hustle is glorified, some people to balance the hustle culture, they stay up late to reclaim personal time, even though it affects them.

"Revenge bedtime procrastination" occurs when people stay up late to reclaim personal time, despite feeling tired. This often happens when demanding schedules leave no room for leisure during the day. For instance, someone with a high-pressure job might binge-watch their favorite show late into the night because can develop a sense of feeling of "taking revenge" or experiencing a sense of control in their busy day, even though they know it will affect their sleep and health.

While this provides temporary satisfaction, it leads to sleep deprivation and can negatively impact mental and physical health. Recognizing this habit is the first step to breaking it. By setting boundaries and making time for relaxation during the day, individuals could avoid the trap of bedtime procrastination and enjoy better sleep.



At times, it's your thoughts that play the midnight DJ.

As you try to wind down for the night, avoid the urge to binge on social media or shows, and instead, focus on sleeping early. Your mind may replay awkward moments and worries, hindering sleep. On such nights, consider doing these things for yourself:

Practice Mindfulness: Focus on your breathing or surroundings to stay present.



Journal: Write down your worries to clear your mind.



Challenge Your Thoughts: Replace negative thoughts with positive ones.



Create a Positive Ritual: Listen to soothing music or read something comforting.

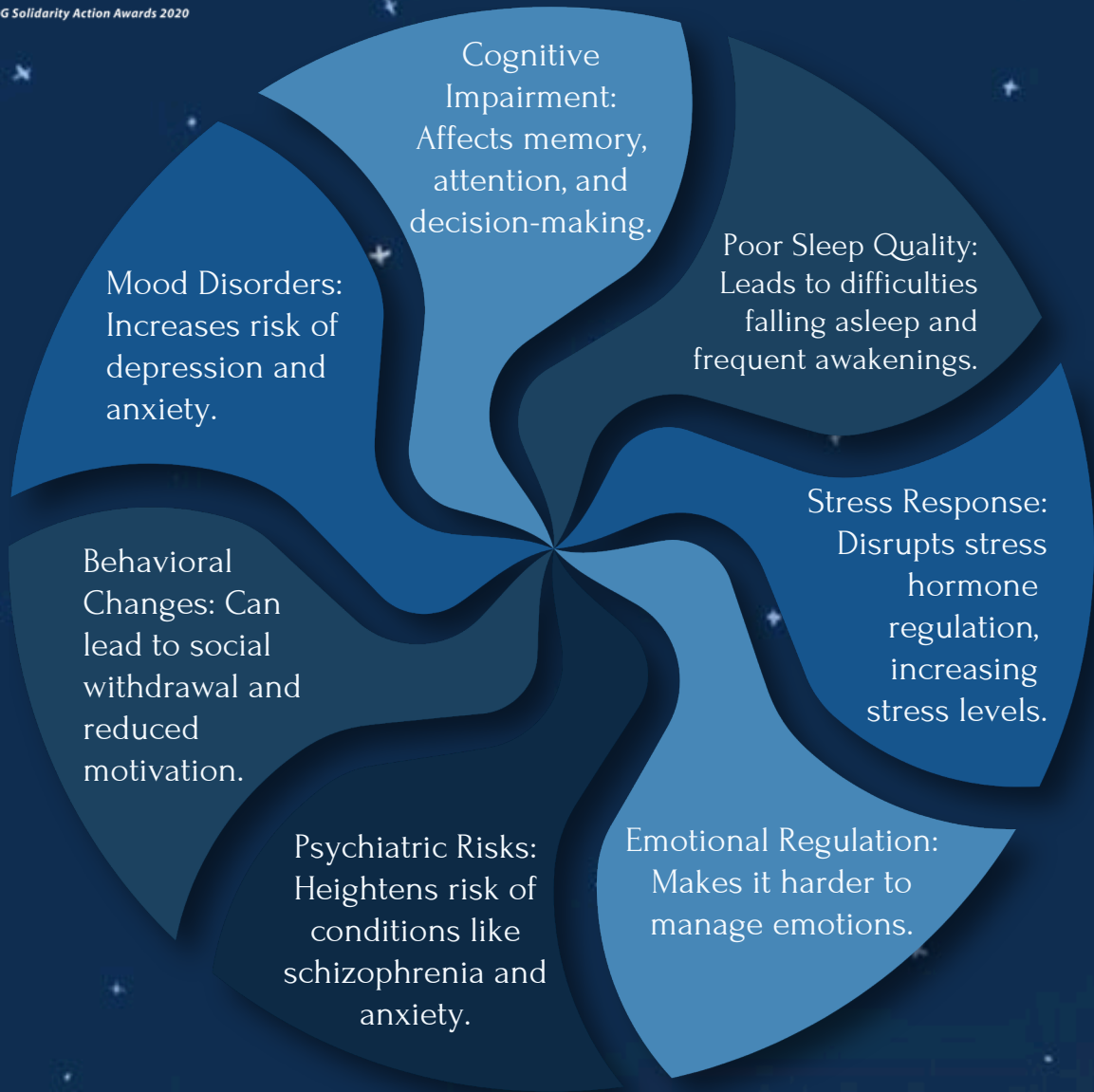


Step out: Get up from the bed, walk around, wash your face with water and trying sleeping again.



Use Visualization: Imagine a calm, happy place to shift your focus.





In today's busy world, sleep often takes a back seat. Trends glorify skipping sleep or sleeping way too much, while myths suggest we can catch up later—both of which harm our health and can affect different parts of our functionality.

The Fallout from a Chaotic Sleep Routine



“When I try to sleep my legs feel restless and uncontrollable.”

Restless leg syndrome (RLS) is an uncontrollable urge to move your legs and experiencing uncomfortable sensations, like itchiness or crawliness, especially when at rest or trying to sleep.



“It felt like I was falling while I was trying to sleep.”

Hypnic Jerks are sudden, involuntary muscle contractions that often occur as occurs as you are beginning to fall asleep sometimes causing you to wake up with a jolt or scared.

Cool Tidbits About Sleep You'll Love to Learn



“I will catchup my sleep on weekends.”

You can't make up for lost sleep by sleeping more on weekends. **Sleep debt** builds up over time, causing long-term health issues. For example, sleeping 5 hours a night during the week and 10 hours on weekends might seem helpful, but it doesn't erase the damage from lost sleep.



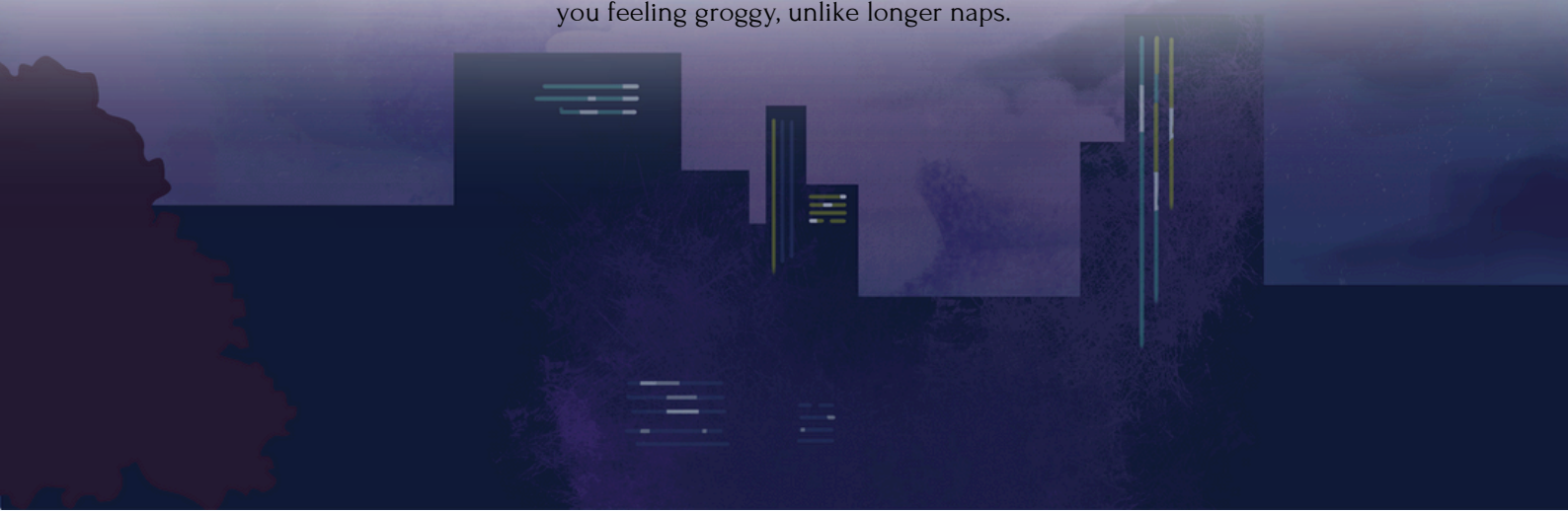
“I took a quick power nap after lunch.”

A quick **power nap** of 10-20 minutes can boost your alertness and performance without leaving you feeling groggy, unlike longer naps.



“I had a very strange dream last night.”

Dreams are a natural aspect of healthy sleep. Good sleep is associated with improved thinking and emotional health, and research links dreams to better memory and emotional processing.





Set a Bedtime: Pick a regular bedtime that gives you enough sleep and aligns with your internal clock.



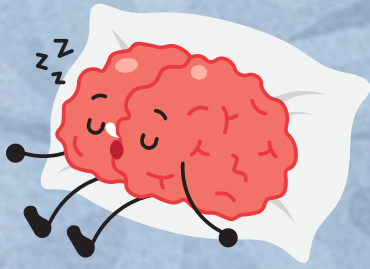
Stick to a Routine: Create a bedtime routine that you follow everyday. Eg: Read before sleeping.



Avoid Weekend Snoozing: Resist sleeping in on weekends to keep your schedule steady.

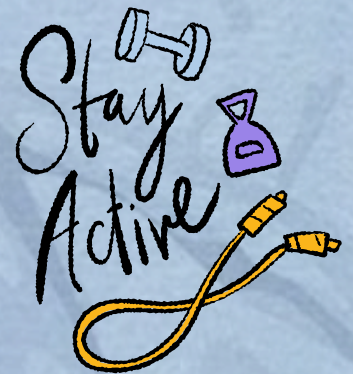


Ditch the Phone Before Bed: Avoid screens to let melatonin do its job and help you feel sleepy.



Relax Before Bed: Use deep breathing or meditation to calm your mind and prepare for restful sleep.

SLEEP HYGIENE



Exercise Wisely: Regular activity can improve sleep, but save intense workouts for earlier in the day.

With effective sleep hygiene, you can experience more refreshing sleep, even if 8 hours isn't always feasible.

Sleep hygiene refers to the healthy habits and routines that help you sleep better. It is dependent on **2 C's (Consistency and Conditioning)**

A restful night's sleep is a habit you train, like a trusted routine. Consistency sets the rhythm while conditioning your body to know when it's time to unwind ensures your dreams come easier.



Embrace Boredom: Simple, monotonous tasks like folding laundry can help ease you into sleep.



Create a soothing bedtime playlist of music or nature sounds to help you relax and fall asleep.

Visual Sleep Cues: Place a sleep mask or calming image by your bed to associate these items with bedtime and help trigger your sleep routine.

Bedtime Affirmations: Repeat positive affirmations or calming phrases to yourself as you fall asleep. This can help foster a positive mindset and reduce anxiety.

Bedtime Story: Listen to or read a calming bedtime story. Audiobooks or podcasts with soothing narratives can be a nice way to transition to sleep.

Sleep-Friendly Lighting: Use dim lighting in the evening to help signal to your body that it's time to wind down.

Comfort Corner: Designate a cozy corner in your bedroom with a comfy chair and soft blanket for pre-sleep reading or relaxation. This space can become a relaxing pre-sleep ritual zone.

Sleep Ritual Jar: Create a jar filled with small, relaxing activities written on slips of paper (e.g., "read a chapter," "take a deep breath," "listen to calming music"). Draw one each night to add variety to your bedtime routine.

Digital Detox Hour: Implement a "digital detox" hour before bed where you turn off all screens and focus on relaxing activities instead.

On days when you want to
get creative with your
sleep hygiene schedule.

Know how efficiently you rest each night:

Total Time Asleep (in minutes) Total Time in Bed (in minutes) Sleep Efficiency (%)

$$\boxed{} \div \boxed{} \times 100 = \boxed{}$$

Eg: Sleep efficacy= (420/480)X 100=87.5 %

A sleep efficiency of 85% or higher is considered normal, with above 90% being very good. Below 75% suggests poor sleep efficiency, often linked to insomnia. However, sleep efficiency alone doesn't indicate overall sleep health—someone could have 100% efficiency but still be sleep-deprived if they spend too few hours in bed.

Count the Sheep



Life can be measured in many ways—by heartbeats, time with loved ones, moments of peace, or experiences of love. Similarly, sleep, which consumes about one-third of our lives, can also be understood on various levels. It's a process that can be measured biologically, interpreted as a psychological experience, and even recognized as a social Behaviour.

We know how we sleep externally, but do you realize how it affects almost every body function? During sleep, our heart rate and breathing slow, muscles relax, body temperature drops, and our awareness decreases, allowing focus on essential internal processes. Adequate sleep leaves us refreshed, energized, and sharp, ready for the day's challenges.

Sleep was once thought of as an evolutionary leftover or laziness, but it's now known to be crucial for health. Short-term sleep deprivation causes irritability, poor focus, and cravings for snacks or caffeine. Chronic deprivation leads to serious issues like impaired cognition, mood swings, difficulty processing food, and higher risks of heart disease and psychosis. Many live in partial sleep deprivation, affecting learning, driving, and immune function. To improve your sleep, pay attention to what I refer to as the L.N.T.S factors: Light, Noise, Temperature, and Stimulus Control.

Light: Darkness promotes melatonin production and sleepiness, while light disrupts this process. Use blackout curtains or eye masks and avoid screens 45 minutes before bed.

Noise: can fragment sleep, raising cortisol and heart rate, so consider earplugs or turning off notifications.

Temperature: Maintain a room temperature between 22-24°C for comfort. Aim for a cool, dark, and quiet "cave-like" environment.

Stimulus Control: Involves removing non-sleep activities from the bedroom and reinforcing it as a space for rest. If you lie awake for more than 20 minutes, get up and return only when Sleepy.

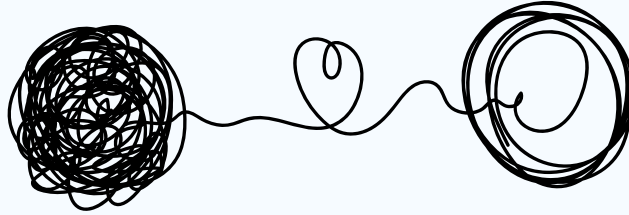
Also, address factors like obesity, irregular sleep schedules, and poor diet by exercising regularly, eating balanced meals, and maintaining a consistent sleep schedule.

Remember, sleep is deeply intertwined with both physical and mental health. Improving the quality of your sleep can significantly enhance your overall well-being. When you make sleep a priority, you'll likely find that your health, mood, and daily performance improve.

Sleep Matters



Help is a call away



PROJECT MUMBAI IS HERE FOR YOU!

If you or any adolescent you know is experiencing any mental or emotional distress, kindly call on Project Mumbai toll-free mental health helpline number:

SAMVAAD **A Helpline for Adolescents** **1800-102-4040**

This helpline is active from 8 am to 8 pm, seven days a week and is handled by counsellors with varied expertise.

In case of any mental health related concerns, please feel free to reach us on mentalhealth@projectmumbai.org

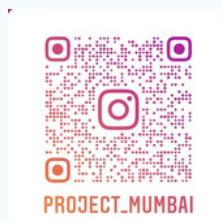
- **ICALL HELPLINE (GENERAL COUNSELLING)- 02225521111 (MON-SAT, 8AM-10 PM)**
- **HUMSAFAR TRUST (LGBTQIA+)- 0226673800 (MON-FRI, 10 AM-8PM)**
- **ARPAN (CSA)- +91-9819086444 (MON-FRI, 9AM-6PM)**
- **AASRA (SUICIDE PREVENTION)- +91-9820466726 (7 DAYS A WEEK, 24 HOURS)**

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Content Curators

Isha Dhakan, Palak Shah

Designed by

Valenie Lopes

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