connections in mind

The Science of Sleep

Sleep & your brain

Poor sleep leads to poor executive functioning.

(Nilsson et al., 2005)

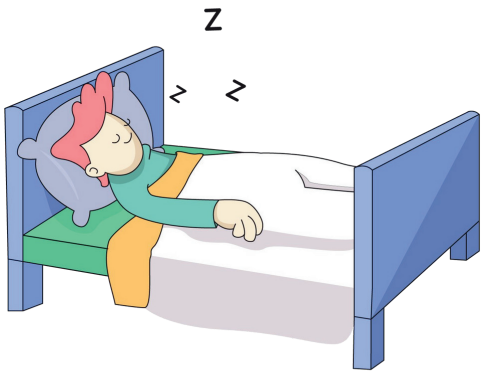
Sleep has many functions:

- Recalibrates our emotional brain
- Consolidate memories for better learning
- Restocks our immune system
- Do you have thoughts as to why your sleep may be so? ----------

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Beta amyloid proteins

According to Shokri-Kajori at al. (2018), impaired sleep can lead to a build-up of **beta-amyloid protein**, which is associated with impaired brain function and Alzheimer's disease.



How would you describe your current sleep?

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connections in mind

Stages of sleep

Falling asleep

Light non-REM sleep



REM sleep

Deep, non-REM sleep

Throughout the night, we go through around 4-6 cycles of these stages.

Poor sleep can affect your memory.

What affects on your memory do you experience?

We typically dream in REM sleep.

Are you a person who remembers their dreams?

YES ☐

NO ☐

Recommended hours of sleep per

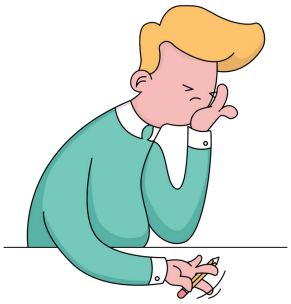
age: Newborn: **14-17hrs**

Child: **9-11hrs**

Toddler: **11-14hrs** Teen: **8-10hrs**

Adult: **7-8hrs**

65+: **7-8hrs**





If your sleep is compromised, can you rate how much each EF skill is affected? (This differs for everyone)

1 - very poor functioning > 5 - not compromised at all

Attention

(Ability to put specific focus on one task)

1 2 3 4 5

Working Memory

(Ability to hold information in mind to execute a task Ie: instructions, sums, notes)

1 2 3 4 5

ask

Concentration

(Ability to hold focus over a period of time

1 2 3 4 5

Cognitive Flexibility

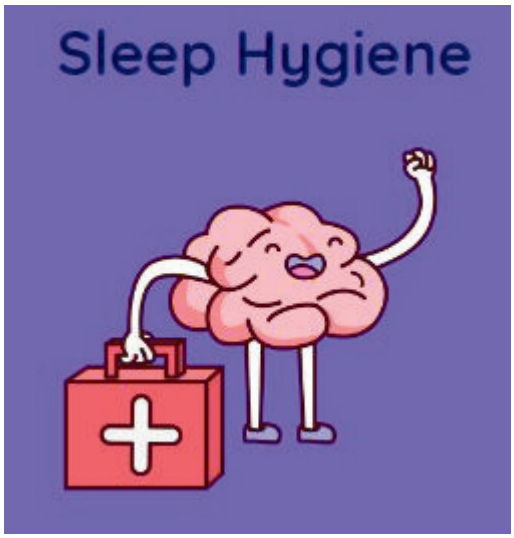
(Ability to adapt to changing circumstances)

1 2 3 4 5

Emotional Regulation

(Ability to manage emotions to complete tasks and reach goals)

1 2 3 4 5



The practices we can introduce to experience better sleep

Minimise electronics in the bedroom

Avoid caffeine & alcohol in the evening

Set a regular bedtime & sleep schedule

Sleep & rise at the same time each day

Aim for the recommended hours of sleep for your age

Get exercise & sunlight exposure in the day

Try meditation or yoga

Avoid stimulating activities before bed

Avoid stimulating activities before bed

Did you know?

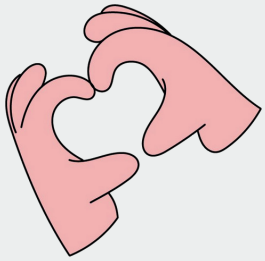
Research shows us that 80% of people with ADHD have a delayed sleep cycle.

Melatonin production (the sleepiness hormone) can be released an 1.5hrs later in people with ADHD.

Would you like more support?

CONNECT with us!

info@connectionsinmind.co.uk



How to get the most out of your Connected Club subscription:

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2. **Set reminders on your phone** to attend the **weekly Support Sessions** (T hursdays 6pm-7pm UK time) & **fortnightly Strategy Sessions** (7pm-8pm UK time)
3. Chat to us on **W hatsapp:** +44 7923 400689

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