

# Webinars



## Webinar Toolkit: March 2022

### “Sleep, rest and restoration”



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#### Sleep



Sleep is an essential function that allows your body and mind to recharge, leaving you refreshed and alert when you wake up. Healthy sleep also helps the body remain healthy and stave off diseases. Without enough sleep, the brain cannot function properly.

#### Rest



Rest is to refresh oneself, lying down, or relaxing. To relieve weariness by cessation of exertion or labor. Rest is to refresh and ease, it is inactivity after work or exertion.

#### Restoration



Restoration is the act of bringing something back to its original condition.

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## Your Sleep Matters

Getting enough sleep is essential for helping a person maintain optimal health and well-being, this is according to Medical Today. Not only is sleep important to our health as eating, drinking and breathing, sleep allows our bodies to repair themselves and our brains to consolidate our memories and process information and with poor sleep, you are more prone to a weakened immune system and even mental health problems such as anxiety and depression.

Researcher and Psychologist Karl Peltzer and Public Health Supa Pengpid both did research and discovered that the overall prevalence of insomnia symptoms amongst 15 - to 24- year-olds is 3.5% while 20.5% of individuals 65 years and older are more prone to insomnia. So what can you do to switch the tossing and turn it into good quality sleep? Mindful in Minutes Podcast suggests sleep meditation just 10 minutes of meditation into your daily routine can not only help you fall asleep faster but also help you sleep better.

## Here's what meditation does and why it helps you sleep better:

### QUIETS THE CHATTER IN THE MIND

Have you ever woken up in the middle of the night with your mind racing? Meditation has been proven to quiet this mental chatter, allowing you to relax and let go of those nagging thoughts.

### CHANGES YOU ON A NEUROLOGICAL LEVEL

Meditation not only makes you feel better, but it changes you on a neurological level. This means you neurologically adapt to have more mental clarity and less anxiety and fear with regular meditation practice.

### TEACHES YOUR BODY AND MIND TO RELAX

Meditation not only changes your mind and how you react to stressors, but it physically changes you as well and encourages you to relax. And if you're not winning try therapy. Cognitive behavioural therapy can help you control or eliminate negative thoughts and worries that keep you awake.



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## Sleep Suggestions:

Good sleep is all about rhythm and routine. It can take a number of months to restore a good rhythm if your sleep has been disturbed. These suggestions can help if you do them consistently.

- Get up early regardless of how well or how much you have slept the night before.
- If you struggle to sleep get up uncomfortably early in the morning.
- Exercise hard in the morning. It is much better for sleep than exercise in the evening.
- Eat breakfast to let your body know that it is day time, time to be awake and get your metabolism going
- Try to eat your meals roughly 5 hours apart and at the same time each day. Eat dinner earlier rather than later and have a light dinner.
- Be very mindful of how much caffeine, nicotine and sugar you are using. These are all stimulants. If you struggle to sleep or are caffeine sensitive do not have caffeine after 3pm, or even earlier.
- Establish a night-time routine that you start an hour or so before you want to sleep. This can be the normal chores of living but do them at the same time and in the same order each night.
- Dim the lights, use candles or solar lanterns from an hour before you want to sleep.
- Turn off all devices (TV, phone, tablet, gaming, laptop) at least an hour before you want to sleep.
- Take the TV out of the bedroom.
- Have a hot shower or bath just before you want to sleep, when we go to sleep our body temperature drops by about a degree. This is mimicked by a hot bath and helps induce sleep.
- Drink a cup of Chamomile tea or another caffeine free hot drink.
- Use scents like Lavender or Neroli.
- Sleep in a cool room so that you can have a snugly sleep.
- Consider using white noise such as a fan, soft music, the sound of rain or waves.
- Only go to bed to sleep, never work in bed or watch TV. If you want to read a book, then make sure it is light reading. Don't use electronic devices to read unless it is a proper Kindle with warm, low light.
- Invest in a relaxation or meditation App or soundtrack, e.g. Calm

**Challenge:** Think of the various things you do to help improve your sleep?  
Could you add any of the above to your daily routine?

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## Rest and Restoration:

	
<p><u>Rest</u></p> <ul style="list-style-type: none"><li>Watch nonsense on TV</li><li>Read a book</li><li>Drink a cup of tea</li><li>Do nothing</li><li>Doodle or colour in</li><li>Sit in the sun</li><li>Pat the dog</li></ul>	<p><u>Restore</u></p> <ul style="list-style-type: none"><li>Practice mindfulness</li><li>Have fun</li><li>Connect</li><li>Exercise</li><li>Journal</li><li>Pray</li><li>Declutter</li></ul>

## Results received from our pole on how people best Restore:



**Challenge:** Watch the recording of the webinar and try decipher for yourself, what do you do to rest and restore?



**Some suggested watching/ downloading:**

	<p>Matt Walker: Sleep is your Superpower</p> <p><a href="https://www.ted.com/talks/matt_walker_sleep_is_your_superpower?language=en">https://www.ted.com/talks/matt_walker_sleep_is_your_superpower?language=en</a></p>
	<p>Calm produces meditation products, including guided meditations and Sleep Stories.</p>
	<p>Calming Stories to Help Kids Sleep   Close Your Eyes SleepyPaws</p> <p><a href="https://www.youtube.com/watch?v=OvP-Bkp9btQ">https://www.youtube.com/watch?v=OvP-Bkp9btQ</a></p>

**Thank you for joining the session!**

Remember you can access the recordings, toolkits and register for each monthly session on the Kaelo website:

<https://www.kaelo.co.za/introducing-free-monthly-webinars/>

Up next month:



**Breathing Techniques to Reduce Stress and Anxiety, Enhance Concentration and Balance Emotions**

Tuesday, 12<sup>th</sup> April 2022, 14h00

Register on:  
<https://www.kaelo.co.za/introducing-free-monthly-webinars/>

**Your Facilitator**



**Lesa Burger**  
 Breathwork Practitioner