

The Sleep & Recovery Pillar of Health

Sleep and recovery are essential for allowing the **body and mind to repair, recharge, and function at their best**. During sleep, the body carries out many critical processes. Recovery extends beyond just sleep. It also includes rest, stress reduction, relaxation, and giving the body time to recover from physical and mental demands.

When we prioritize sleep and recovery, we support:

- Improved energy and daily performance
- Stronger immune function
- Better mood and emotional regulation
- Tissue repair & muscle recovery
- Hormone regulation
- Improved memory, focus, and cognitive function
- Faster physical recovery and injury prevention
- Reduced risk of chronic disease

Rather than viewing rest as unproductive time, sleep and recovery should be recognized as **essential components of long-term health and wellbeing**.

Core Principles of Healthy Sleep & Recovery

🧠 Prioritize Consistent Sleep

Aim for 7–9 hours of sleep each night and try to go to bed and wake up at consistent times.

🌙 Create a Sleep-Friendly Environment

A cool, dark, and quiet bedroom supports deeper and more restorative sleep.

📱 Limit Screens Before Bed

Reducing screen exposure in the evening can support the body's natural sleep rhythms.

🧘 Allow Time for Recovery

Rest days, stretching, and relaxation help the body repair and adapt to physical stress.

🌞 Support Natural Sleep Rhythms

Getting daylight exposure in the morning and reducing bright light at night helps regulate the body's circadian rhythm.



Sleep & Recovery Challenge IDEAS:

- Aim for 7–8 hours of sleep each night
- Establish a consistent bedtime routine
- Avoid screens for 1 hour before bed
- Go to bed and wake up at the same time each day
- Get 10 minutes of morning sunlight within the first hour of waking
- Take one intentional rest or relaxation break each day
- Practice 10 minutes of meditation or breathwork before bed
- Avoid caffeine after 2:00 PM for the week
- Create a fully dark, cool sleeping environment

