

Why Sleep Patterns Matter

Some people sleep for six hours or less. Others get seven hours or more. Why? One group maintains healthy sleep patterns and the other doesn't. Here are five reasons you need a consistent sleep pattern.



Reason #1: Ability to Think Clearly

According to the Clifton Strengths Test, many people are strategic. To be so, requires clear thinking. Lack of sleep robs your brain of critical thinking skills. Depending on your job, that skill alone can be the difference between success at work and none. You can avoid a workplace injury or become a statistic. Getting good sleep helps you think clearer!

Reason #2: Control Your "Body Clock"

When you're talking to someone about sleep, you may hear them say, "I wake up at _____ every morning like clockwork!" There's a reason for this. Your brain and body start to slow down at a certain time in the early evening. It's preparing you for sleep. The more consistent your "pre-sleep ritual" is, the more likely you will sleep through the night. Just think of this as your "body clock." So yes, putting on your PJ's and slippers after work matters!



Reason #3: Maintains Good Exercise Habits

It's easier to hit the gym when you wake up refreshed! Not so much if you wake up feeling exhausted because you didn't get any Z's, right? Your consistent sleep pattern prepares you to maintain your good exercise habits. Treat your sleep as a sacred habit. Like eating three meals a day and bathing, get the sleep you need each night. You will wake up a new person!



Are you suffering from poor sleep patterns? Tired of trying to force yourself to sleep? Watch this video to see how I can help you!

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