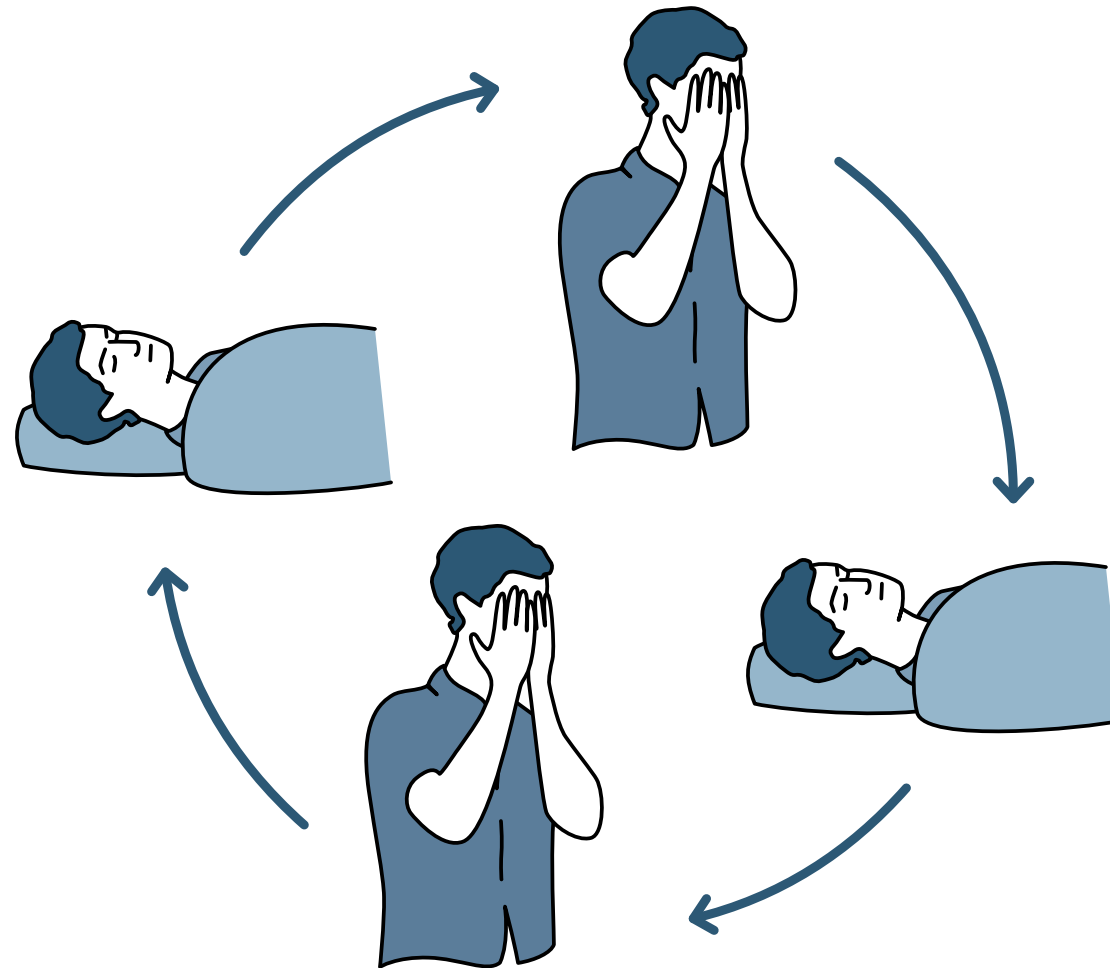


∞LEEP expert

**Become your own
sleep expert.**

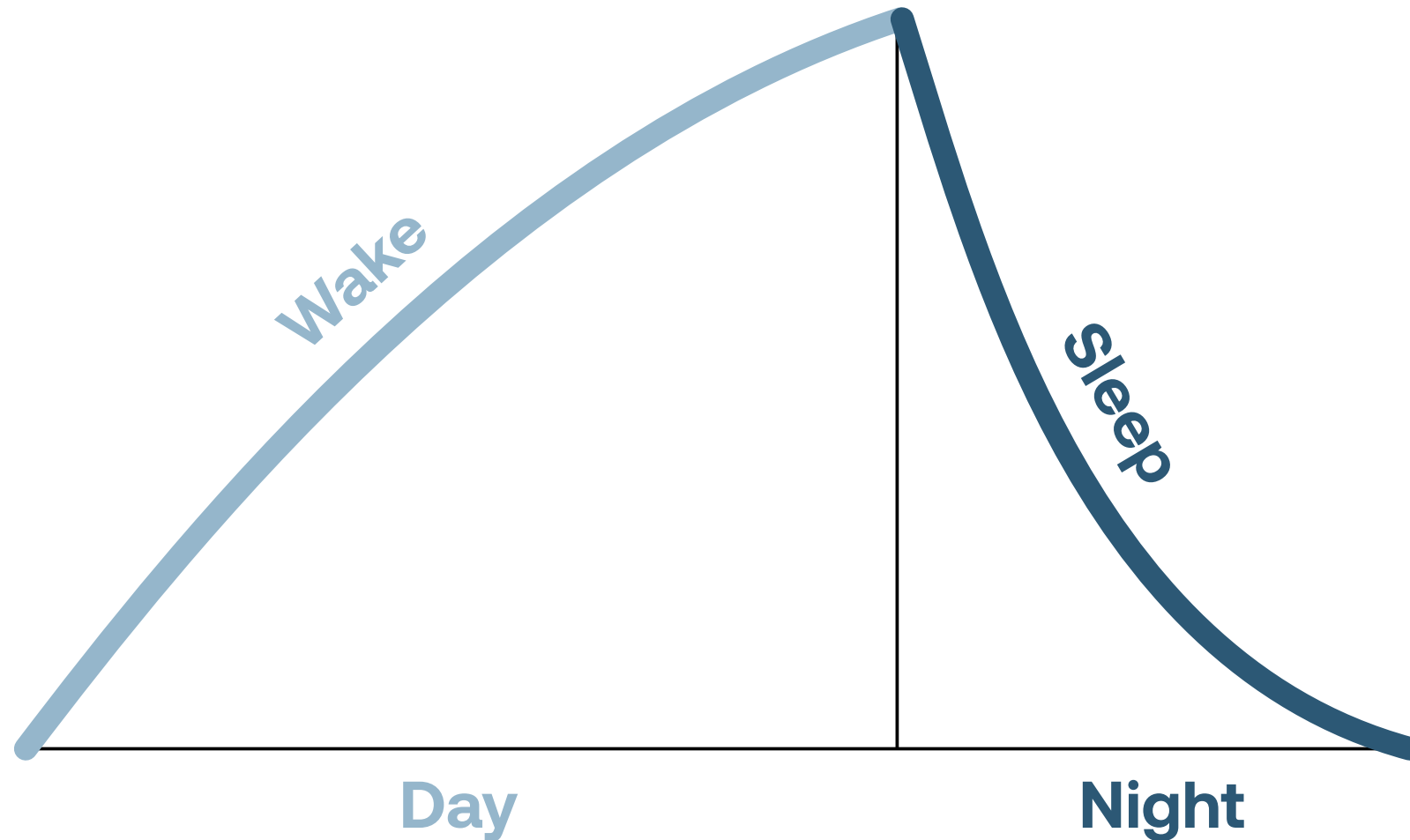
Why is therapy to improve sleep important?

Sleep and health



How is sleep regulated?

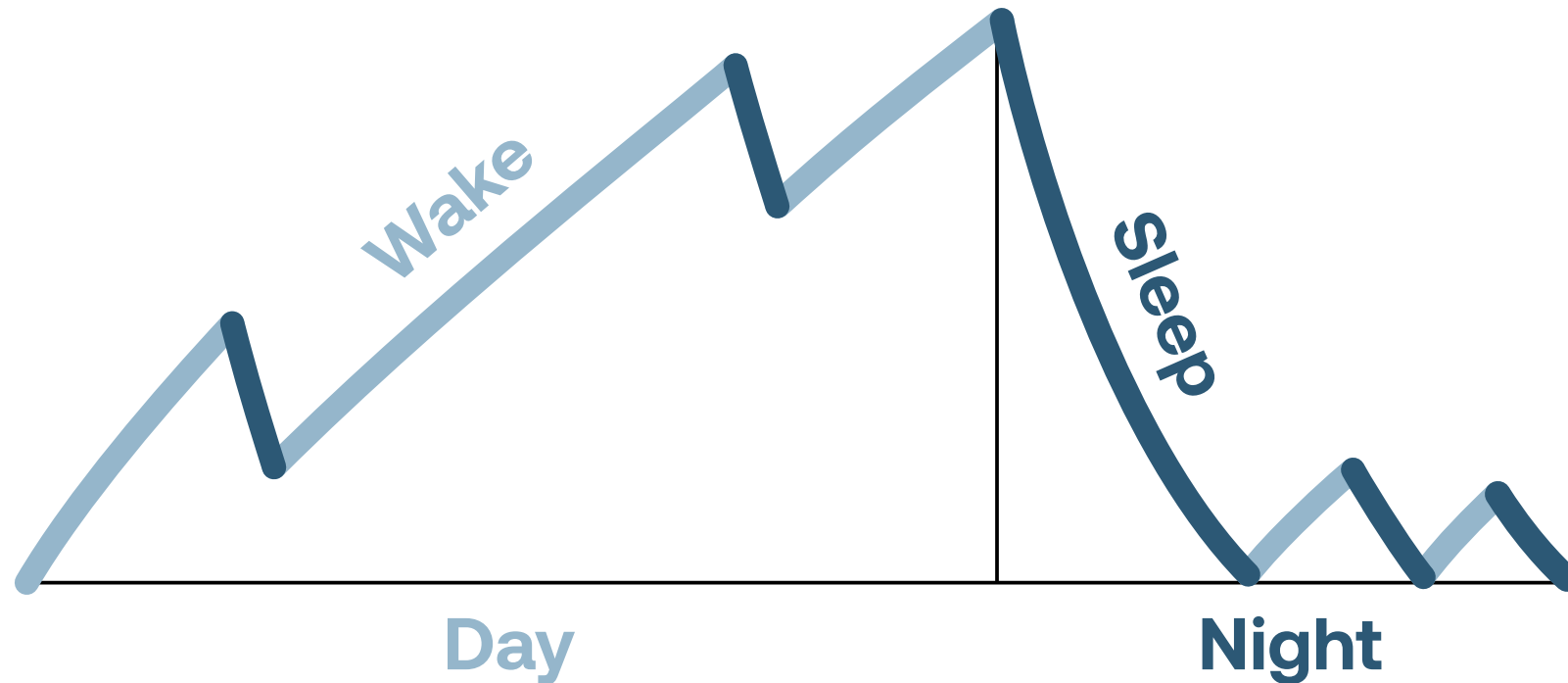
Build-up of sleep pressure



Catching the right sleep pressure...



The problem of prolonged time in bed

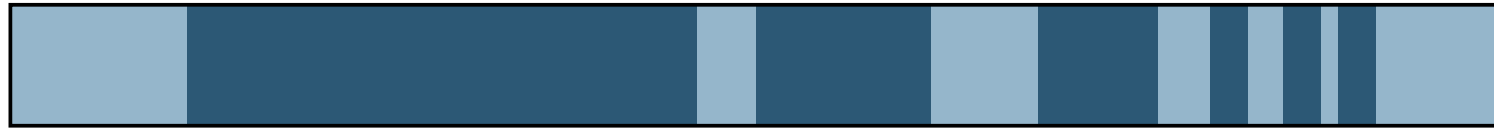


Not enough sleep pressure ...



**How can we determine
a sleep window?**

1. Duration

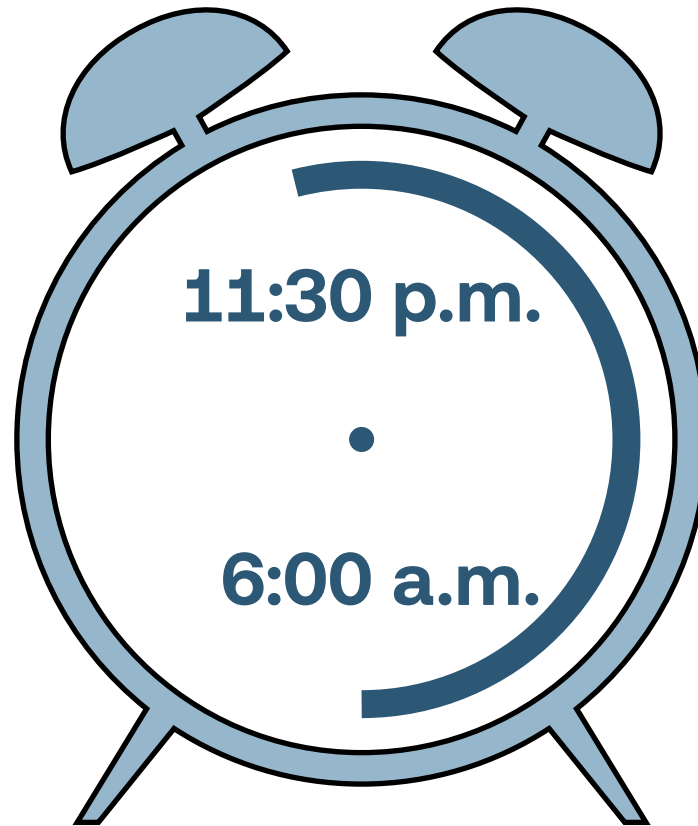


9 hours in bed: disrupted sleep



6.5 hours in bed: improved sleep

2. Timing



**Now together:
Determine your own sleep window**

Sleep diary



Please fill-out carefully in the morning!

[illegible]

Starting today:

- Try to adhere to your sleep window.
- Fill-out your sleep diary every morning.
- Discuss your sleep diary with the team.

Sleep quiz

CORRECT FALSE

☐☐

Everyone needs 8 hours of sleep.

☐☐

Everyone should be asleep before midnight to get restful sleep.

☐☐

Prolonged bedtimes should be avoided to promote sleep during the night.

☐☐

Whenever the night isn't restful, one should recover by lying in bed for a long period the following day.

Thank you!

SLEEPexpert