



# Healthy Sleep:

## Your #1 Resilience Skill

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# What Does Science Tell Us About Sleep?



The Quality and Quantity of our Sleep is a  
Function of the Nervous System

We cannot command our  
Nervous System to go and/or stay  
asleep



We can support our  
Nervous System to go and/or stay  
asleep



We fall asleep easily, and stay asleep until rested, when our Nervous System is:

Regulated  
and  
Coherent



# 7 Tips for Healthy Sleep



# Tip #1

## Keep it Regular

Our nervous systems prefer predictable routines and rhythms in order to function optimally.



## Tip #2

# Keep it Cool

Keep sleep environment as close to 65°F as possible.

## Tip #3

Keep it Dark

Eliminate all the light  
you can from sleep  
environment.

# Tip #4

## Don't Struggle To Sleep - Shift Gears

If after 25 min you are not asleep, get up.

Do something easy and soothing till you get sleepy, then go back to bed.

## Tip #5

# Go Easy on the Caffeine and Alcohol

No caffeine in the  
afternoon.

Few (if any) alcoholic  
beverages in the evening.

Both substances can  
negatively impact sleep.

## Tip #6

# Practice a Wind-down Routine

(regularly)

Sleep is like floating down in a parachute. It takes time to float down, down, down into sleep.



**Our Attention  
is Like a Dog**



**Training our Attention Means We Can Direct Our Attention -  
Not Be Dragged By It**



## **You Can Train Your Mind/Dog to Settle Down for Sleep**



## Tip #7

# Practice Training Your Attention

(Help your dog/mind to  
settle down for sleep)

Mental turbulence is a primary obstacle to sleep. Use a body-centered recorded practice to go off to sleep or get back to sleep when awakened.

Simple Practices That  
Move Us into  
Nervous System Regulation  
(so we are available for sleep)



**Sleep is Not a Luxury - It's Your #1 Resilience Skill**

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