

# Hack 08



## A Good Night's Sleep

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**If you want to open your eyes to a happier world in the morning, then you need to close your eyes properly at night.**

”

(Y.B)



You're about to learn what's probably the most well-known life hack. Despite the fact that it is widely known, it is also easily forgotten.

*"What, exactly, is it?"* you may ask. A good night's sleep.

For a while, I debated whether or not to include this chapter in the book. But after sleeping on it, I concluded that quality sleep is far too important for a young adult's success to be overlooked.

**Task:**



**Do you agree or disagree with me, that sleep is very important and should be included as one of the thirteen life hacks?**

Explain your answer based on your own experience.

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Okay, let's begin with some fun facts about sleep. Did you know that...

1. A third of a person's life is spent sleeping?
2. It's impossible to sneeze while sleeping?
3. Giraffes only need 30 minutes of sleep every 24 hours?
4. Over 60% of young adults say that they have sleep problems?

Now, listen to this next one. Although you may find the following difficult to believe, it is supported by years of research from experts who have studied young adults and sleep. It has been scientifically proven that...

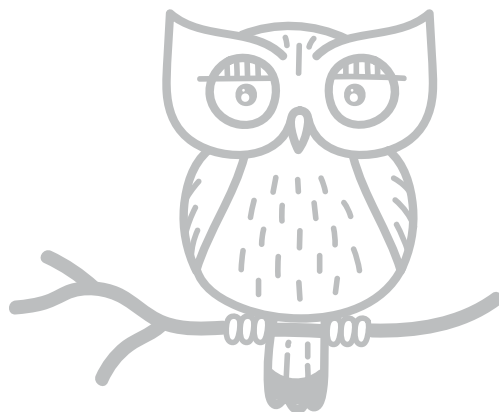
5. On average, a young adult should get 8-10 hours of sleep every night\*

# Did you know?

When you sleep, your brain isn't switching off, it's switching jobs. During the night, your brain goes through a process called myelination.

This is when new connections are built and strengthened, helping you regulate your emotions and mature your thinking. This is especially true for teenagers, because your brain is still developing- sleep is literally when it builds and upgrades itself.

It's also when memories are stored and the brain sorts through everything that happened during the day. So when you don't get enough sleep, your brain doesn't finish its work, meaning it's harder to focus, remember, or stay calm the next day.

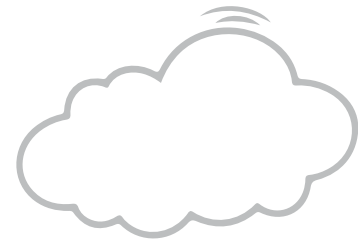




### ADVANTAGES OF GETTING ENOUGH SLEEP

There are many advantages to getting enough sleep. Here are a few:

1. Getting enough sleep helps to maintain your physical health
2. It improves your concentration and ability to work
3. It helps you to feel happier and in a better mood



#### Task:



**Which benefit of getting enough sleep feels most relevant to your life right now (e.g., better mood, improved concentration, physical health)? Why does this benefit stand out to you?**

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### DISADVANTAGES OF NOT REGULARLY GETTING ENOUGH SLEEP

Just as quality sleep brings many benefits, being sleep-deprived has its own consequences.

Here are a few:

1. It can reduce your health and impair your immune system's ability to fight illness
2. It reduces your concentration and ability to work
3. It significantly contributes to anger, anxiety, stress, and bad moods

