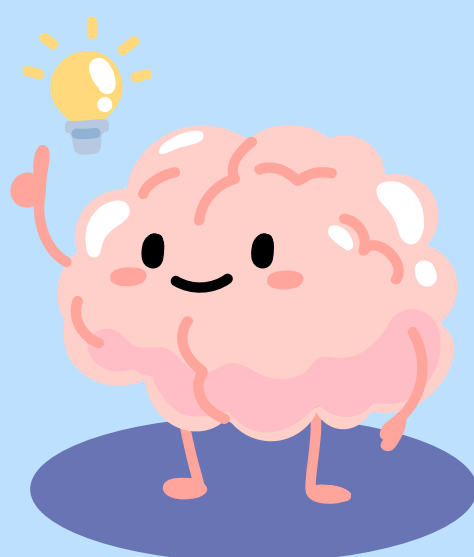# Brain Gains Over Sleep Strains

Enhancing Sleep Hygiene Practices

The Brain's Cleanup Crew

Prioritize sleep. During deep sleep state (non-rapid eye movement). The brain's glymphatic system washes out debris, toxins, and excess protein build ups. Acting like a washing machine for the brain.

Move More, Scroll Less

Daily physical movement can improve sleep quality, reduce stress hormones in the body, and have positive effects on mood and well-being. However, it's best to avoid intense exercise close to bedtime.

Pre Sleep Routine

Establishing a relaxing bedtime routine can signal to your body that it's time to wind down and sleep. This might include a warm bath, reading a book, or light stretching.
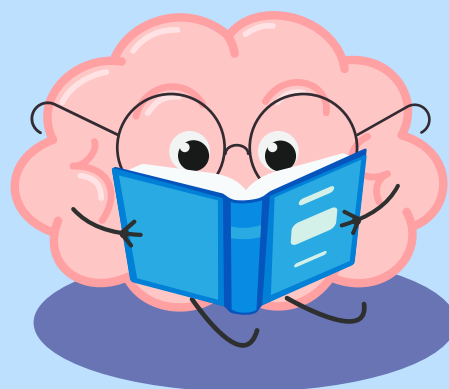
Regular Sleep Schedule

Aiming to go to bed and wake up around the same time each day, even on weekends. This helps regulate your body's natural sleep-wake cycle (circadian rhythm).

Mindful Growth

Chatterjee, R. (2025, February 11) #522 How to Protect & Enhance Your Brain Health: The Simple Daily Habits That Can Transform Your Mental Performance. Louisa Nicola. (Podcast).
Walker, M. (2017, December 26). What Happens To Your Body And Brain If You Don't Get Sleep | The Human Body. Insider Tech. https://www.youtube.com/watch?v=Y-8b99rGpkM&t=17s