



## Safeguard your sleep

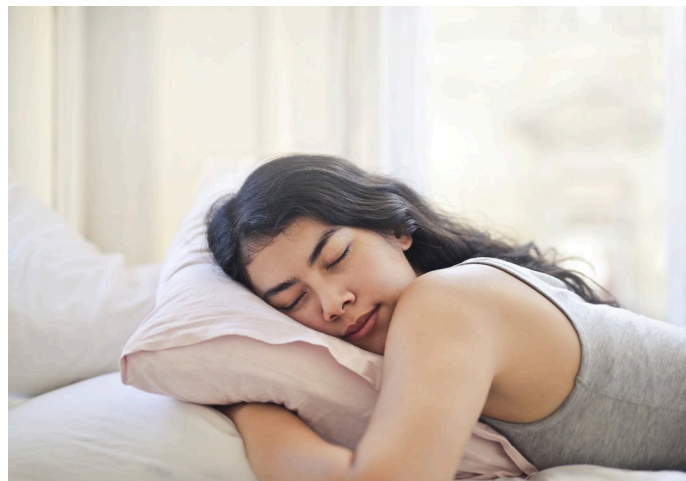
In a typical night, a person goes through four to six sleep cycles, and on average, each sleep cycle lasts 90 minutes. The first sleep cycle ranges from 70 to 100 minutes, while the later cycles are between 90 and 120 minutes. In addition, the structure of each cycle changes as the night goes along.

The two types of sleep — nonrapid eye movement, or NREM, sleep and rapid eye movement, or REM, sleep — are part of the four stages of sleep. Those four stages are part of restorative sleep that we pass through every night.

These stages of sleep must happen for restorative sleep to occur. When we talk about restorative sleep, we mean the time in which the brain and body systems are given the chance to repair, heal and grow.

Practice good sleep hygiene by:

- Using phototherapy
- Using chronotherapy
- Exercising regularly
- Avoiding electronic devices
- Creating a bedtime routine
- Limiting noises
- Sleeping in a comfortable temperature
- Focusing on your comfort
- Avoiding big meals
- Using aroma therapy
- Keeping naps shorter than 20 minutes



The practice of mindfulness, designed with a focus on sleep, provides an opportunity to create the mental space needed to allow sleep to come back with principles such as generosity, trust, patience and gratitude. Once you're familiar with the principles of mindfulness in relation to sleep, it's time to begin practicing some mindfulness meditation.

Sources: [sleephealthfoundation.org](https://sleephealthfoundation.org)\*, [nosleeplessnights.com](https://nosleeplessnights.com)\*, [mindfulnessworkaustralia.com](https://mindfulnessworkaustralia.com)\*, [healthline.com](https://healthline.com)\*, [sleepfoundation.org](https://sleepfoundation.org)\*

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