



Understanding Your Sleep Cycle: Tips for Better Rest



Sleep is not just about the number of hours you spend in bed—it’s about the quality of those hours. Your body moves through different sleep stages each night, including light sleep, deep sleep and REM (dream) sleep. Each stage plays an important role in physical restoration, memory and emotional balance. Understanding your sleep cycle can help you build habits that support deeper, more refreshing rest.

Know the Sleep Stages

A full sleep cycle lasts about 90 minutes and repeats several times each night.

- Light sleep helps your body transition into deeper rest.
- Deep sleep supports physical repair and immune health.
- REM sleep supports memory, learning and emotional processing.

Waking frequently or cutting sleep short can interrupt these cycles and leave you feeling groggy.

Support a Consistent Rhythm

- Go to bed and wake up at the same time each day—even on weekends.
- Get morning sunlight to help regulate your body clock.
- Limit long daytime naps that may disrupt nighttime sleep.

Create a Sleep-Friendly Environment

- Keep your bedroom cool, dark and quiet.
- Reserve your bed for sleep (avoid working or scrolling there).
- Reduce screen use 30–60 minutes before bedtime.

Watch Stimulants & Evening Habits

- Avoid eating heavy meals right before bed.
- Reduce alcohol close to bedtime —it can disrupt deep sleep.
- Try calming activities like reading, stretching or deep breathing.

If You Can't Sleep

Occasional restless nights happen. Instead of forcing sleep:

- Get up after about 20 minutes and do something quiet in low light.
- Practice slow breathing to calm your nervous system.
- Avoid clock-watching, which can increase anxiety.

