Myndfl Manager

A Managers' Guide to Better Sleep

Sharper Concentration

Better Decision-Making

Improved Memory

Increased Energy

Good Sleep

Improved Physical Health

Better Immune System

Ability to Manage Stress

Introduction

As a manager or leader, good sleep is essential. Being well-rested…

- Makes it possible to juggle multiple work items without them getting on top of you.
- Means you're more creative and productive at work.
- Enhances your ability to make effective decisions.
- Improves your concentration and memory.
- Improves your ability to listen to others.
- Enhances relationships both at work and at home.
- Not to mention the many benefits of good sleep to both your current and future physical & mental health.

So why can getting a good nights' sleep often feel like such hard work?

Setting aside medical conditions (where you should seek medical advice) one of the most common causes of poor quality sleep is rumination…

- Worry about todays' events.
- Stressing over *possible* future events.
- Replaying events from any period of your life. Maybe even playing out different outcomes in your mind - things you should have said or done differently.

It often seems as though the mind wakes up just as we're ready to go to sleep! This can be a particular challenge for managers and leaders where there's often so many different tasks to think about, including both your own and the tasks that your team members are working on.

What can I do?

We're going to look at this from 2 angles:

1. What you can do right now (today) to get to sleep more easily.
2. How you can rewire your brain using mindfulness and meditation techniques to build good sleep habits for the rest of your life.

Right now...

First off, let's spend a little time looking at good sleep hygiene. This is stuff you may have heard before, but maybe haven't had a chance to put into practice...

Turn off your mobile (and other devices) at least 1-2 hours before bed time. The last thing you want or need is a comment on social media or a news feed setting your mind whirring last thing at night.

Try reading a book.

Establish a bed time routine and stick to the same pattern. Check the house is secure, turn on the bed side lamp, clean you teeth. That kind of thing.

Let your body know that it's time to go to bed by following a familiar routine.

Limit your alcohol consumption, and stick to drinking caffeine in the mornings rather than the afternoons or evenings.

Note: Alcohol may feel like it "knocks you out", but your deep sleep duration will likely be shorter.

Create a comfortable environment in your bedroom. Make sure it's dark (invest in blackout blinds if needed). If there's noise outside, get some ear plugs.

Make sure the temperature is comfortable.

Be consistent. Try to go to bed at about the same time each night. And try to get up at roughly the same time each morning.

Yes, we know that's boring - especially at the weekends - but if your goal is better sleep this really can help.

Get some daylight. Exposure to daylight early in the morning "resets" your circadian rhythm, which helps your body know when it's time for bed at the end of the day.

Get some exercise. Being physically active each day can help you fall asleep more easily at night.

Try some meditation. The Body Scan practice can be particularly good at helping you to fall asleep.

This practice guides your awareness away from thoughts and into the sensations in your body.

There's a free version on the Myndfl Manager website. Go check it out!