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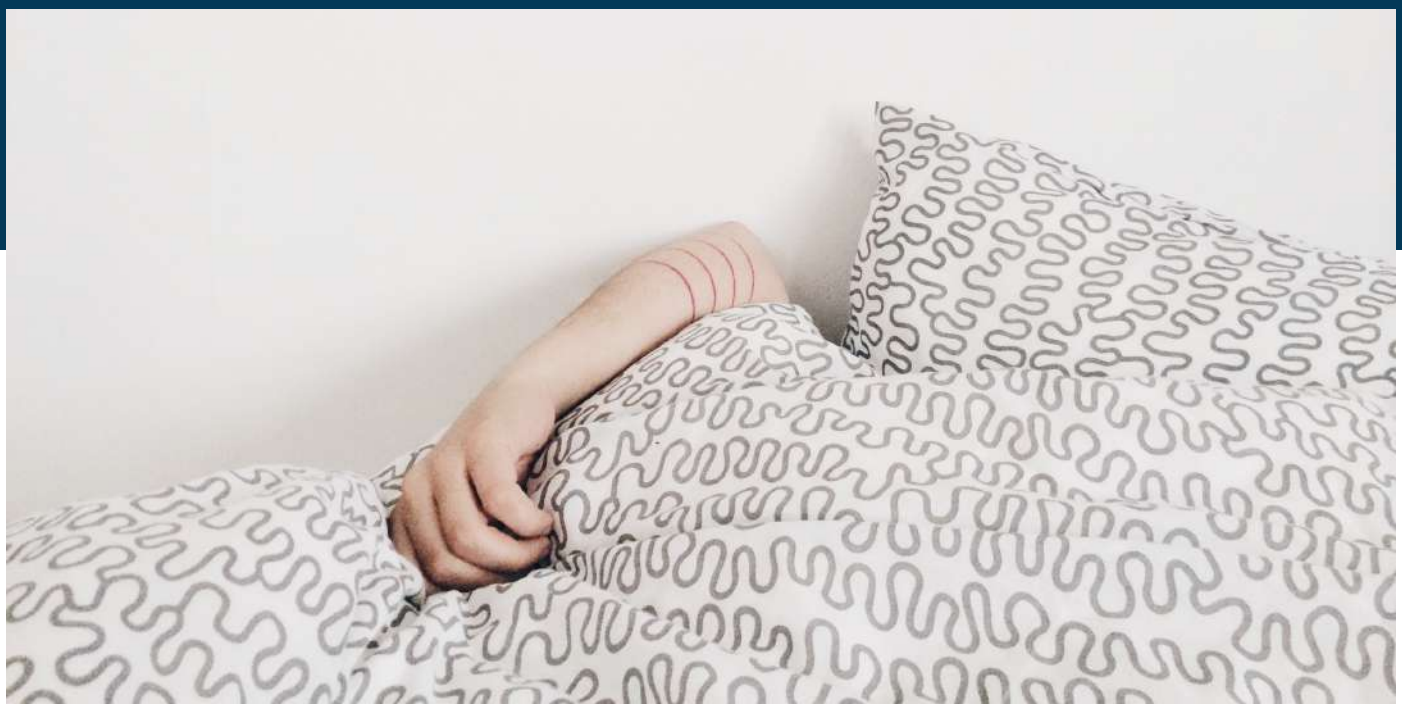
INSIGHT

WTC COMMUNITY WEEKLY



Deep Sleep

Many people do not realize that the quality of their sleep is not good, so when they wake up in the morning, instead of feeling refreshed, they feel very tired.

Deep sleep — also called *slow-wave sleep*, is the most essential of all for feeling rested and staying healthy. The average healthy adult gets roughly 1 to 2 hours of deep sleep per 8 hours of nightly sleep

Try these tips to ensure you get a deep sleep, every night :

- Increase bright light exposure during the day
- Reduce blue light exposure in the evening
- Exercise regularly — but not before bed
- Stop screening and turn off any bright lights 2 hours before heading to bed
- Don't consume caffeine late in the day

You may find that one or all of these suggestions help you. Try them out to see what works for you,

Stay safe and get some proper rest, everyone!

THE MAN WHO STAYED AWAKE FOR ELEVEN DAYS

*Californian student **Randy Gardner** set the world record for the longest time without sleep in 1964 at approximately **264 hours**. However, health specialists highly discourage from attempting this. Within 3 to 4 days without sleep, you may start having hallucinations. Sleep is a biological function for a reason – it is not advisable to pull all-nighters all the time.*

Yours trully,

the community editor