

Boosting Immunity Through Sleep

While we sleep our bodies produce and release cytokines, proteins that target infection and inflammation. A lack of sleep leaves us more susceptible to infections and leads to longer recovery periods when we do get sick. Two 20-30 minute naps per day can make up for lost rest, decreasing stress while offsetting the negative effects of sleep-deprivation on the immune system.

Below are some tips to help you sleep better (by headspace).

1. Try some gentle yoga poses before bed.
2. Increase bright natural light exposure during the day.
3. Keep your bedroom dark and cool at night.
4. Listen to a sleep meditation, or even a soothing music playlist.
5. Find more tips [here](#).

Resources for Healthy Sleep Habits

MyLife Meditation: A guided meditation app that includes activities for stress relief, sleep, focus, kids activities, resiliency, and more.

<https://apps.apple.com/us/app/mylife-meditation/id778848692>



Headspace Sleepcast: Peaceful stories with calming sounds and voices to fall asleep to.

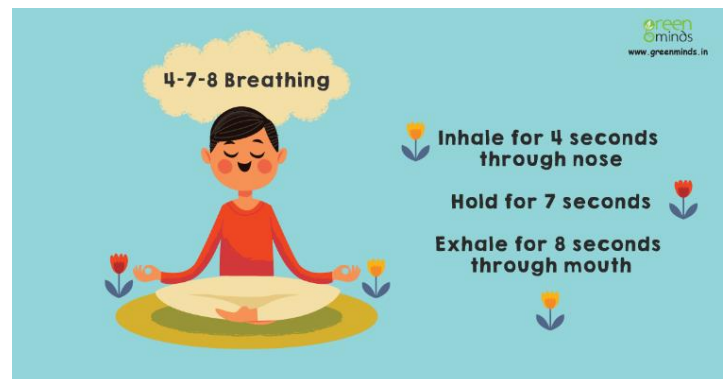
- Click below or search "sleepcast" on spotify or itunes.

<https://www.youtube.com/watch?v=9OHvPNatlBc>



4-7-8 Breathing for sleep: A guided breath exercise designed to help you fall asleep.

<https://www.youtube.com/watch?v=1MjpQutwvcv>



[How sleep and immunity are linked.](#)