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Thank you for attending the Sleep Works presentation of "Sleep & Mental Health, Practical Strategies for Improving Sleep". Below is an overview of the key takeaways and information that was shared.

*We have also included links to our favourite Sleep Tool Kit items. As a reminder, LIANS members receive 20% off all Sleep Works services until November 18th 2026 with promo code **LIANS2025**.*

We appreciate the time you shared with us and we hope you continue to sleep well!

Sleep Works Dream Team xx

Key Takeaways:

Sleep & Mental Health: Sleep and mental health have a bidirectional relationship – poor sleep can worsen mental health, and mental health challenges can disrupt sleep. Conditions such as anxiety, depression, PTSD, and addictions are often linked with disrupted sleep patterns.

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- **Deep sleep** (stage 3) is your brain's deep clean cycle. Sleep is essential for brain maintenance. Neurons need rest to regenerate and function properly. Lack of sleep disrupts neurotransmitter balance, impairing memory and focus. The glymphatic system flushes toxins from the brain during deep sleep. Removes waste products like amyloid-beta and tau proteins linked to cognitive decline like Alzheimer's and other dementias.
 - **Sedation is not sleep!** Sleeping pills/medications, cannabis and alcohol can sedate you, but does not provide the deep, restorative sleep needed for optimal restoration, performance, or resilience. Try replacing habits that are detrimental to sleep with healthier options. If you struggle with insomnia and reliance on sleep aids, try Cognitive Behavioural Therapy for Insomnia (CBT-i).
 - **Sleep deprivation (>7 hours/night regularly)** impacts the parts of the brain responsible for emotional regulation, focus, and decision-making. When we're sleep-deprived, we're more reactive, less patient, and less able to cope with stress. Over time, this can erode emotional resilience and increase vulnerability mental health disorders. Sleep is a modifiable behaviour — even small, consistent changes can lead to significant improvements in well-being.
 - **Sleep hygiene (good sleep habits)** provides an important foundation for improving sleep QUALITY—things like maintaining a consistent bedtime, a sleep promoting bedroom environment, reducing caffeine intake, and limiting use of sedating substances for sleep.
 - **Rest is productive** — when you protect your sleep, you're protecting your ability to think clearly, communicate effectively, and manage pressure with composure. In high-stress professions, protecting your sleep is a form of professional resilience and self-preservation.

Bottom line:

- **Sleep is not a luxury—it is a strategic asset.**
- Protecting sleep protects mental health, brain health, as well as effectiveness, judgement, emotional resilience, focus, and even your legacy.

Practical strategies for busy professionals:

- Prioritize ≥ 7 hrs sleep nightly.
- Anchor circadian rhythm with morning light, limit caffeine to morning, avoid alcohol/sleep aids for "quick fixes."
- Manage stress daily with exercise, breathwork, or relaxation practices.
- Address sleep issues early with evidence-based care (CBT-I).

Sleep Tool Kit

Using targeted light strategies, paired with supportive sleep tools, can significantly improve sleep quality. Exposure to bright light, ideally sunlight, if not, bright light therapy lamps in the morning helps anchor circadian rhythms, boosting alertness and aligning the body's natural sleep-wake cycle. At night, blackout curtains and/or contoured eye masks ensure complete darkness, preventing even small amounts of light from disrupting sleep. Together, these tools—combined with consistent sleep habits—help regulate circadian timing, promote deeper, more restorative sleep, and support better cognitive, emotional, and physical health. Please know that as an Amazon Associate, we earn from qualifying purchases.

Bright Light Therapy Lamp

[Click here to view our recommendation on Amazon.](#)

Bright light therapy lamps are a powerful tool for supporting healthy sleep and circadian rhythm alignment. Exposure to bright light in the morning mimics natural sunlight, helping to “reset” your internal body clock and signal that it's time to be alert and awake. This is especially beneficial during darker months or for individuals who spend most of their day indoors, as insufficient light exposure can lead to sluggishness, difficulty concentrating, and disrupted sleep patterns. By using a bright light therapy lamp for 20–30 minutes in the morning, you can boost energy, improve mood, and strengthen your body's natural sleep-wake cycle, making it easier to fall asleep at night and wake up feeling refreshed. Remember, just like the sun, don't stare directly into the light. Indirect exposure at close range (12-24in/30-60cm) for best results.

Contoured Eye Mask

[Click here to view our recommendation on Amazon - Contoured sleep mask](#)

Using a contoured eye mask is excellent for sleep because it blocks out light without pressing on the eyes, creating a dark, soothing environment essential for deep rest. By shielding the eyes from light, these masks support the body's natural production of melatonin, the sleep hormone that regulates sleep-wake cycles. The gentle yet effective fit makes contoured eye masks comfortable for side sleepers, enhancing relaxation and helping achieve higher quality sleep. This tool is great for traveling, so you can always get your rest whether you're in a hotel or on a plane.

Blackout Curtains

[Click here to view our recommendation on Amazon.](#)

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For more of our favourite sleep tools check out our website [AMAZON FAVES](#) page.