

To little Sierra, who wakes up every morning with a smile on her face.

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The Magic of Sleep.

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Written with the help of Nikki Sims.

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# THE MAGIC OF SLEEP

A Bedside Companion

Michael Acton Smith





## The Calm App

This book can also be used alongside the Calm app, or you can visit us at [www.calm.com](http://www.calm.com). People benefit most by meditating regularly, which is why our app is designed to help build this habit into your daily life. Here you will find simple guided meditations that are peaceful and inviting, with tranquil imagery and serene music. It can be difficult to start a daily meditation practice on your own, and people often find guided meditations very helpful.

Like all change, mindfulness takes time, but it won't be long before you discover that the more you pay attention to life, the more enjoyable and rewarding it becomes.

Be sure to keep us posted on your experience and progress! Send us a tweet at @calm, or find us on Facebook or Instagram where you can join the Calm community, share your experiences and ask questions. We'd love to hear from you.

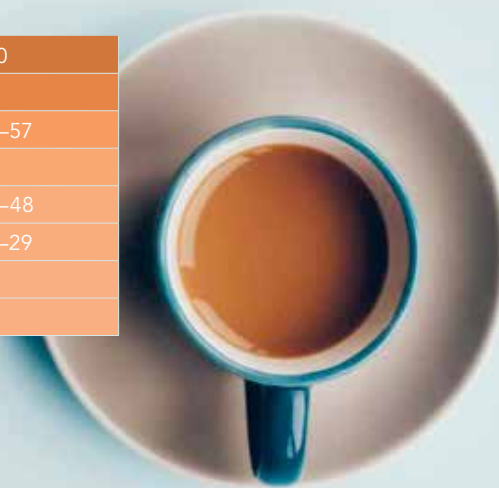
# A spoonful of caffeine

Caffeine is the most used psychoactive substance worldwide, with 85 per cent of Americans consuming at least 180mg a day (two cups of coffee). In moderation coffee consumption is okay, but drinking too much, especially after midday, will interfere with sleep patterns.

How you deal with caffeine is highly personal – you'll no doubt know someone who boasts about having a late-night espresso and never has an issue falling asleep – and it's all down to genetics. Since caffeine is a common culprit in insomnia, it's good to be mindful of its effects.

	fl. oz	caffeine (mg)
Starbucks dark roast coffee		
Venti	20	340
Grande	16	260
Tall	12	193
Short	8	130
Cappucino	8	63–100
Espresso, single shot	1	47–64
Decaf espresso, single shot	1	8
Brewed decaf coffee	any	2–12

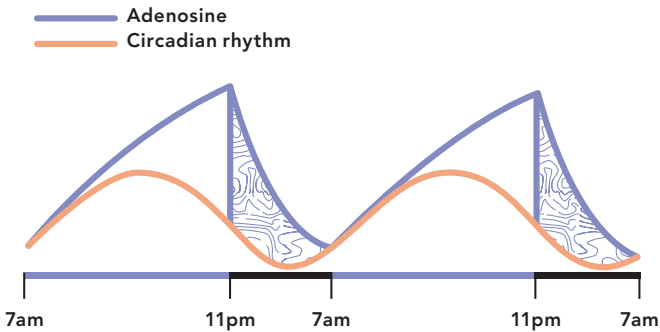
Monster Energy	16	160
Red Bull	8	80
Coca-Cola, Coke Zero, Diet Pepsi	20	56–57
Diet Coke	12	46
Black tea	8	25–48
Green tea	8	25–29
Decaf black tea	8	5
Decaf green tea	8	2



# What's your type?

The two regulators of sleep work hand-in-hand (see the chart below) – the slowly undulating wave of the circadian rhythm alongside the steady rise and then dramatic drop of adenosine. What this means in reality is that you have a strong urge to be awake as both curves are rising, but as they diverge the urge to sleep becomes stronger and stronger; the first dip in alertness comes mid-afternoon when the circadian rhythm is on a downward direction. You are sleepest at the peak of the adenosine line and the downward curve of the circadian rhythm. No surprise that that's around most people's bedtime.

## The circadian rhythm and adenosine interplay



Sunlight, even on a cloudy grey day, helps to reset our circadian rhythm and tweak it to be 24 hours long.

Even 'simple' organisms such as plants display inbuilt biological rhythms.

Lark or owl? Each person's rhythm is their own.

- 40 per cent of the population are larks/morning types.
- 30 per cent are owls/evening types.
- 30 per cent are somewhere in between.



## Brightness ratings

<b>Outdoors on a sunny day</b>	107,000 lux
<b>Outdoors on a cloudy day</b>	10,700 lux
<b>Outdoors on an overcast day</b>	1075 lux
<b>Indoor lighting</b>	200–500 lux
<b>Twilight</b>	10 lux
<b>Candlelight</b>	1 lux
<b>Light of a full moon</b>	0.1–0.3 lux

With more of us living in bigger and brighter cities, our nights have been turned to day by artificial light. So, we need to dim the lights during evenings at home and grab an eye mask for a truly dark bedroom. Enjoy a darker evening world without electricity; the warm glow of flickering candles works in harmony with your body clock and gets you to bed earlier, feeling sleepier.

Any activity that involves getting you outside in the daylight will benefit your sleep – choose a desk next to a window, arrange ‘walk and talk’ meetings, run in the countryside rather than on a treadmill, enjoy lunch al fresco and take a bus rather than the tube.

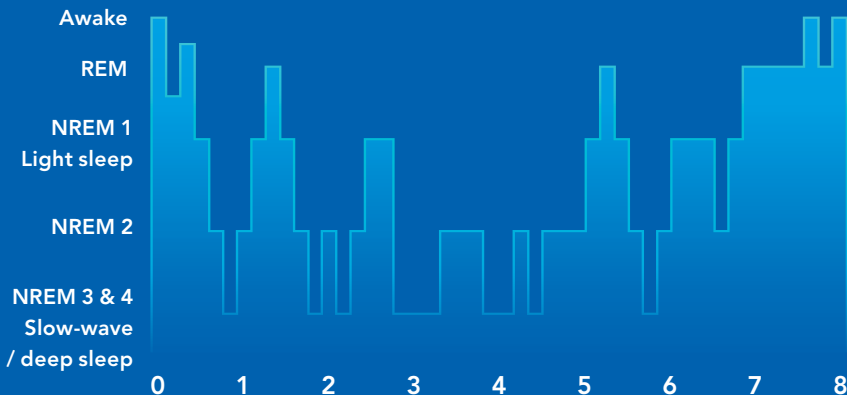
Embrace the natural cycle of light and darkness, enjoy the sunshine and your sleep will thank you for it.



## The journey of a sleep cycle

As your head hits the pillow and you close your eyes, your body begins to relax and drowsiness washes over you. Within a matter of seconds after your eyes start slowly rolling in their sockets, your brain has made the transition from wakefulness (with its characteristic beta brainwaves) to NREM stage 1 (with its alpha waves). You have nodded off. This NREM 1 sleep typically lasts 1 to 7 minutes, during which time you are easily roused and may have the odd muscle twitch.

Once established in this NREM 1 sleep, you slide into NREM stage 2 with its slower theta wave brain activity and what scientists call sleep spindles; generally this stage of sleep lasts 10 to 25 minutes. Now, your breathing has slowed into a regular rhythm (and your heart rate follows suit) and your body temperature remains at a lower-than-daytime value.



From NREM 2 you descend further into the slow-wave, deep sleep of NREM stage 3. This deepest of all sleep has characteristic delta brainwaves and lasts about 20 to 40 minutes. Your brain has shut off the outside world and consequently it's now hard to wake you.

A shift in your body's position often signals a shift in your brain activity, from the ultra-deep sleep up through the lighter stages of NREM sleep on its quest for the first REM sleep of the night. After a short transition, your brain becomes active and the vivid dreaming of REM sleep begins. Your heart rate and breathing now follow a more variable rhythm, perhaps mirroring what's going on in your dreams. Your muscles, though, have been disabled by a 'switch' deep in the brain so you don't act out dreams – such paralysis occurs moments before dreaming starts and continues for that REM sleep period.

After the last REM stage, the brain starts to wake you up – daylight signals and its inbuilt clock prompt a series of biological alarms. Overnight, the body has purged itself of the sleepiness chemical adenosine, so you wake refreshed and ready for the day.

The brain can, in fact, be more  
active in REM sleep than  
when we are awake.

Parasomnias –  
sleep walking, sleep talking,  
night terrors, etc. during  
NREM sleep.



# Quiz: are you a lark or an owl?

What's your chronotype? To put it more simply, are you an early bird or a night owl? A morning or an evening person? While it's a little more complex than this, most people fall into one of these two categories, with some sitting somewhere in between. Take this quiz to find out. Keep a tally of the scores for each answer and see what your total reveals. Scores shown in brackets.

1. What time would you ideally wake up?

- A. 5 a.m. to 6.30 a.m. (5)
- B. 6.30 a.m. to 7.45 a.m. (4)
- C. 7.45 a.m. to 9.45 a.m. (3)
- D. 9.45 a.m. to 11 a.m. (2)
- E. 11 a.m. to noon (1)

2. How easy do you find getting up in the mornings?

- A. Not at all (1)
- B. Not very easy (2)
- C. Fairly easy (3)
- D. Very easy (4)

3. What time would you ideally go to bed?

- A. 8 p.m. to 9 p.m. (5)
- B. 9 p.m. to 10.15 p.m. (4)
- C. 10.15 p.m. to 12.30 a.m. (3)
- D. 12.30 a.m. to 1.45 a.m. (2)
- E. 1.45 a.m. to 3 a.m. (1)

4. How alert do you feel during the first half-hour after having woken in the morning?

- A. Not at all (1)
- B. Not very alert (2)
- C. Fairly alert (3)
- D. Very alert (4)

5. If you have to be awake at a certain time, how dependent are you on being woken up by an alarm clock?

- A. Not at all (4)
- B. Slightly dependent (3)
- C. Fairly dependent (2)
- D. Very dependent (1)

6. How is your appetite during the first half-hour after having woken in the morning?

- A. Very poor (1)
- B. Fairly poor (2)
- C. Fairly good (3)
- D. Very good (4)

7 How tired do you feel during the first half-hour after having woken in the morning?

- A. Very tired (1)
- B. Fairly tired (2)
- C. Fairly refreshed (3)
- D. Very refreshed (4)

7 How well would you perform 1 hour's worth of physical exercise between 7 a.m. and 8 a.m.?

- A. Would be in good form (4)
- B. Would be in reasonable form (3)
- C. Would find it difficult (2)
- D. Would find it very difficult (1)

8 When you have no commitments the next day, what time do you go to bed compared with your usual bedtime?

- A. Seldom or never later (4)
- B. Less than one hour later (3)
- C. 1 to 2 hours later (2)
- D. More than 2 hours later (1)

8 When do you feel tired and in need of sleep?

- A. 8 p.m. to 9 p.m. (5)
- B. 9 p.m. to 10.15 p.m. (4)
- C. 10.15 p.m. to 12.30 a.m. (3)
- D. 12.30 a.m. to 1.45 a.m. (2)
- E. 1.45 a.m. to 3 a.m. (1)



// Which one of the four time spans would you choose to take a 2-hour test?

- A. 8 a.m. to 10 a.m. (4)
- B. 11 a.m. to 1 p.m. (3)
- C. 3 p.m. to 5 p.m. (2)
- D. 7 p.m. to 9 p.m. (1)

// If you went to bed at 11 p.m., how tired would you be?

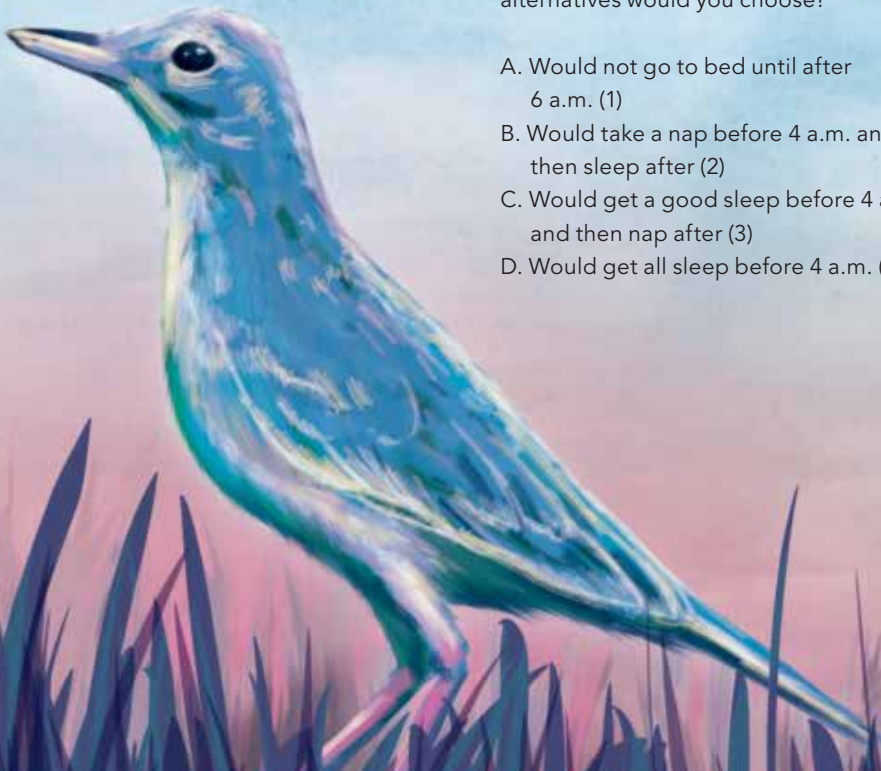
- A. Not at all (0)
- B. A little tired (2)
- C. Fairly tired (3)
- D. Very tired (5)

// If you go to bed much later than usual, but don't need to get up at any particular time the next morning, which one of the following events are you most likely to experience?

- A. Will wake up at usual time and will not fall asleep again (4)
- B. Will wake up at usual time but will then doze (3)
- C. Will wake up at usual time but will fall asleep again (2)
- D. Will not wake up at usual time (1)

// If you had to stay awake between 4 a.m. and 6 a.m. and you had no commitments the next day, which one of the following alternatives would you choose?

- A. Would not go to bed until after 6 a.m. (1)
- B. Would take a nap before 4 a.m. and then sleep after (2)
- C. Would get a good sleep before 4 a.m. and then nap after (3)
- D. Would get all sleep before 4 a.m. (4)



15. You have to do 2 hours of hard physical work. You are entirely free to plan your day. Which one of the following times would you choose?

- A. 8 a.m. to 10 a.m. (4)
- B. 11 a.m. to 1 p.m. (3)
- C. 3 p.m. to 5 p.m. (2)
- D. 7 p.m. to 9 p.m. (1)

16. You are planning a hard physical workout with a friend. You will do this for 1 hour twice a week. The best time for your friend is between 10 p.m. and 11 p.m. How well do you think you would perform at this time?

- A. Would be in good form (1)
- B. Would be in reasonable form (2)
- C. Would find it difficult (3)
- D. Would find it very difficult (4)

17. Suppose you could choose your own working hours. Which slot would you select?

- A. From 3 a.m. to 7.30 a.m. (5)
- B. From 7.30 a.m. to 12.30 p.m. (4)
- C. From 9 a.m. to 2 p.m. (3)
- D. From 2 p.m. to 7 p.m. (2)
- E. From 5 p.m. to 3 a.m. (1)

18. At what time of the day do you think that you reach your 'feeling best' peak?

- A. From 4 a.m. to 7.30 a.m. (5)
- B. From 7.30 to 9.30 a.m. (4)
- C. From 9.30 a.m. to 4.30 p.m. (3)
- D. From 4.30 p.m. to 9.30 p.m. (2)
- E. From 9.30 p.m. to 4 a.m. (1)

19. Do you think you are a 'morning' or an 'evening' type of person?

- A. Definitely a 'morning' type (6)
- B. Probably a 'morning' type (4)
- C. Probably an 'evening' type (2)
- D. Definitely an 'evening' type (1)

Score results:

70 to 86: Definitely a morning type

59 to 69: Moderately a morning type

42 to 58: Neither type

31 to 41: Moderately an evening type

16 to 30: Definitely an evening type

Source:  
Center for  
Environmental  
Therapeutics



# *How did you sleep last night?*

Below are some practices that can improve your quality of sleep. How many are part of your bedtime routine? Which are you not doing currently but feel are doable and desirable to include from now on?

## **Tick what's right for you:**

Current  
practice

New habit  
to try

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Listening to a podcast or a Calm Sleep Story           |
| <input type="checkbox"/> | <input type="checkbox"/> | Listening to relaxing music                            |
| <input type="checkbox"/> | <input type="checkbox"/> | Dimming the lights                                     |
| <input type="checkbox"/> | <input type="checkbox"/> | Drinking lots of water during the day only             |
| <input type="checkbox"/> | <input type="checkbox"/> | Regular exercise but not late in the evening           |
| <input type="checkbox"/> | <input type="checkbox"/> | Avoiding screens and blue light before bed             |
| <input type="checkbox"/> | <input type="checkbox"/> | Getting outside for air daily                          |
| <input type="checkbox"/> | <input type="checkbox"/> | Using a sleep mask or earplugs                         |
| <input type="checkbox"/> | <input type="checkbox"/> | Drinking decaf tea before bed, rather than caffeinated |
| <input type="checkbox"/> | <input type="checkbox"/> | A clutter-free bedroom                                 |
| <input type="checkbox"/> | <input type="checkbox"/> | Keeping a notebook by your bed to record your thoughts |
| <input type="checkbox"/> | <input type="checkbox"/> | Meditation (e.g. Calm's deep sleep meditation)         |
| <input type="checkbox"/> | <input type="checkbox"/> | Breathing or movement exercise                         |
| <input type="checkbox"/> | <input type="checkbox"/> | Aromatherapy   |
| <input type="checkbox"/> | <input type="checkbox"/> | Cooler temperatures in the bedroom                     |
| <input type="checkbox"/> | <input type="checkbox"/> | A set bedtime  |

Anything else?

- Is there anything else that helps you get a good night’s sleep, or any other practices you would like to try?
- What else could be affecting your ability to get a good night’s sleep? It may be circumstantial (a partner’s snoring) or more personal (an emotional situation that is causing distress). Write these things down and explore connections to your sleep health.

How would you rate the quality of your sleep?

0

1

2

3

4

5

6

7

8

9

10

I am exhausted most of the time.

I feel well rested and energized most of the time.

Circle how you most often feel when you wake up.

Refreshed	Tired	Energized	Calm
Recharged	Happy	Peaceful	Enthusiastic
Drained	Sad	Irritable	Resentful
Anxious	Lethargic	Frustrated	Content

It would be good to revisit how you score on these last two sections after you’ve been trying to follow good sleep hygiene and have identified what works for you. Seeing results will encourage you to stick with it.

# Sleep IN THE an

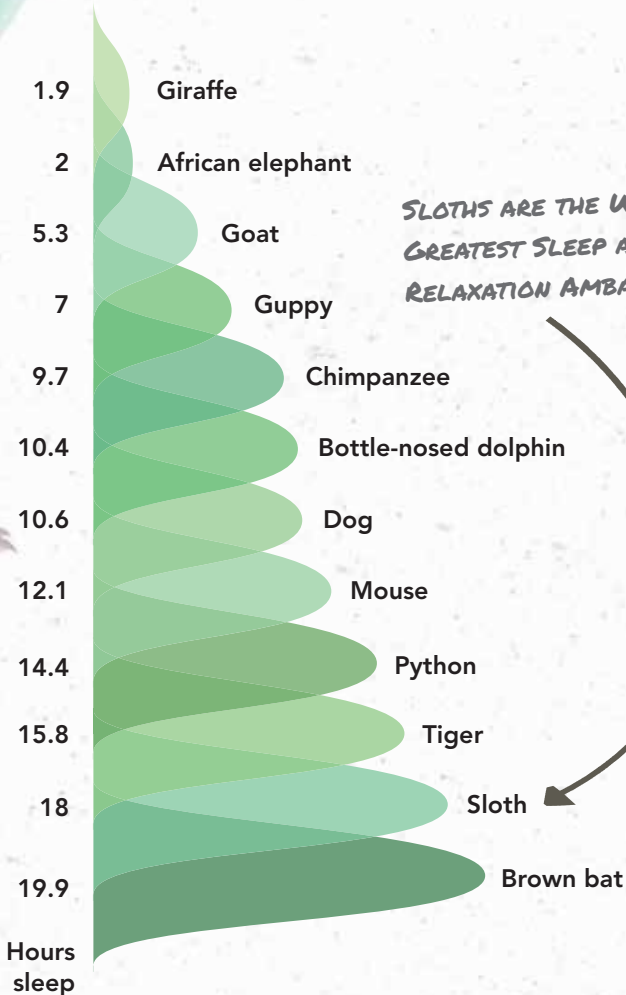


All animals sleep, even insects. But how much daily shut-eye they manage depends on how much food they eat and whether or not other animals are trying to eat them. Giraffes and elephants, for example, can survive by grabbing short naps standing up and, despite their bulk and awkward bodies, do lie down to sleep when it's safe to do so. Carnivores, such as tigers and pythons, can sleep the day away, as long as their bellies are full, with few worries about what might happen during sleeping hours.

Marine mammals have evolved other coping mechanisms to be able to swim and breathe while sleeping – they sleep with only one half of their brain at a time, and often with one eye open.



# Animal world



*SLOTHS ARE THE WORLD'S  
GREATEST SLEEP AND  
RELAXATION AMBASSADORS*



# SLEEP *across the* AGES

From the cradle to the grave, we all need sleep. But how much sleep we require varies by age, as does the pattern in which we catch those ZZZs.

After a tough week at work, you may feel you want to 'sleep like a baby'. Focusing on snoozing is a great idea, but do you really want to take short snippets of sleep throughout the day *and* the night, waking every 3 to 4 hours?

While a baby is establishing his or her circadian rhythms, this sort of pattern across 24 hours is typical. As infants grow they're able to sleep longer in one go and catch the rest of their snooze time as naps during the day.

As their brains are developing, so their sleep make-up is changing. A 6-month-old baby, for instance, spends roughly equal time in NREM and REM sleep. By the time of their fifth birthday, this ratio has altered in favour of NREM (70 NREM:30 REM), and when the teen years arrive the balance tweaks yet again, to the 80:20 NREM:REM split that remains into midlife.



Contrary to popular belief, older adults still need 7 to 8 hours of sleep a night; the requirement for sleep doesn't diminish with age. What does change, though, is that sleep quality is affected – people have to contend with more broken sleep (waking up – most commonly for a pee – and then not getting back to sleep easily afterwards). Among the worst affected are new parents, who face 6 years of sleepless nights.

## Teens – a special case

The timing of the body's master clock shifts during puberty. A teenager's natural inclination is to be late to bed and late to rise. Teens do need more sleep than adults, but their delayed body clock makes it tough to get up early for school. In the US, a few states have pushed back the start of high school – academic performance and attendance both benefited, as did the teens, with better sleep.

Newborns (0 to 3 months)

Infants (4 to 11 months)

Toddlers (1 to 2 years)

Preschoolers (3 to 5)

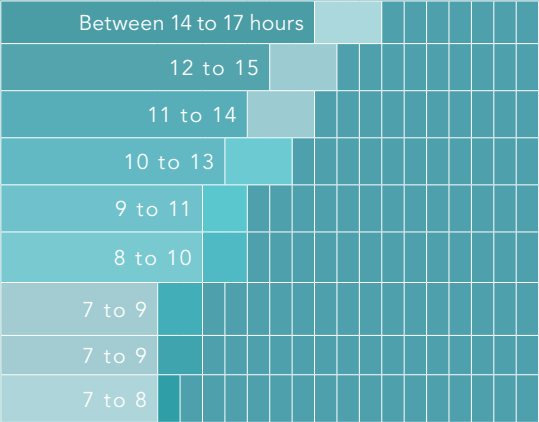
School-age children (6 to 13)

Teenagers (14 to 17)

Younger adults (18 to 25)

Adults (26 to 64)

Older adults (65+)





# The 7-day sleep experiment



Plan to have one week clear of social events and work deadlines. For this week, the plan is to go to bed at least 9 hours before you need (or want) to wake up and to keep note of when you wake up naturally. Set an alarm just in case, but give yourself the full 9 hours.

Such an approach will help you to determine how much sleep is right for you. While 7 to 9 hours may be ideal, this amount might not feel achievable for everyone. But if you're getting fewer than 7 hours of sleep, you should work towards getting more. Challenge yourself to add an extra hour.

## Plan your bedtime and alarm wake-up time for the week

The fast pace of modern life means unwinding can feel difficult, even a bit strange. But as our bodies and minds become accustomed to it, we can remember how natural it is to be in a state of calm, and how pleasing it can be simply to drift off to sleep with little effort.

Reconnecting with our bodies' biological rhythms takes practice. Getting outside every day helps to reset your master clock, but any intuitive feelings come with regularity and developing a routine. A routine eliminates the stress of having to make decisions. It settles the nervous system. And, when repeated, it becomes a new way of being. A regular routine is especially vital when it comes to your sleep.



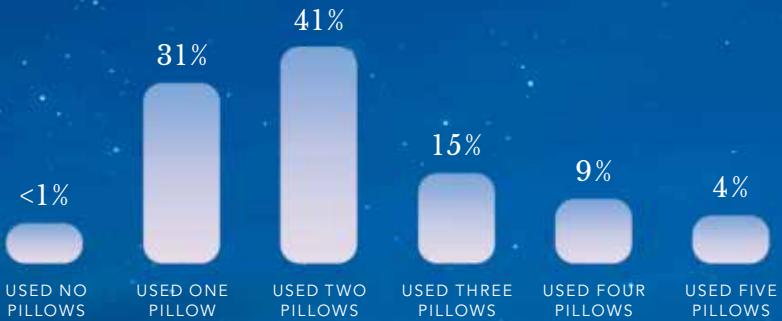
Do you have a sense of how many hours would be ideal for you to sleep at this time in your life? Write down any insights that you have from this experiment.

How much sleep do we really need?

	Bedtime	Wake-up Time
Su	____:____	____:____
M	____:____	____:____
T	____:____	____:____
W	____:____	____:____
Th	____:____	____:____
F	____:____	____:____
Sa	____:____	____:____



Source: A bedroom poll  
from National Sleep  
Foundation/US



# A Bedroom Poll



# Sleep Idioms

Sleep like a log. Sleep like a baby.

Drop off to sleep. Oversleep.

Sleep tight. Catch some Zs.


Out for the count. Dead to the world.

Light sleeper. **HEAVY SLEEPER.**

Burn the candle at both ends.

Sleep on it. Let sleeping dogs lie.

Sleeping partner.



Which of these phrases best describe your own sleep?  
Are you out like a light when your head hits the pillow?  
Or won't you sleep a wink?

*Nod off. Fast asleep. Hit the sack.*

*Lie in. Cat nap. Farty winks.*

*Tuck someone in. Get some kip.*

*Goes out like a light. Turn in.*

*Barely keep my eyes open.*

*Pull an all-nighter. Not sleep a wink.*

*Tossing and turning*

*Lose sleep over something.*



# Drinks FOR Sleepyheads

*Do  
you know which  
drinks can help you drift  
off to sleep?*

These carefully crafted combinations of herbal ingredients are designed to promote relaxation and create an overall calming bedtime experience. Some teas include sedatives such as valerian or chamomile, while others include stress-reducing lemon balm or passionflower; others still aim to address ailments, such as indigestion (with mint or fennel), so your body and mind can concentrate on sleep.

That said, the act of sipping a cup of tea (hands clasped around the mug) is an intensely soothing one, and that in itself is powerful enough to help calm the mind, ready for relaxing and sleep.





## *Chamomile tea*

Scientists are still trying to isolate which of chamomile's many components are responsible for its calming and sedative powers, but its effects have been known for centuries. Allow your chamomile flowers to steep for up to 10 minutes for maximum flavour and effect, and enjoy 30 minutes before bedtime. Always check with your GP before serving these drinks to a small child, or a vulnerable or pregnant person.



## *Top bedtime teas*

- Chamomile
- Fennel (great for colicky babies)
- Valerian
- Lemon balm
- Passionflower
- Lemongrass
- Ginger
- Mint
- Red teas with rosehips and hibiscus
- Honeybush
- Rooibos
- Tulsi (a type of basil)

## Golden Milk

This spiced draught, with beneficial curcumin from the turmeric, protects against the effects of sleep deprivation. Double up if you want to make it for two.

- 240ml of your favourite milk
- ½ tsp ground turmeric
- ¼ tsp ground cinnamon
- A small pinch of ground black pepper
- A small pinch of ground ginger
- Cayenne pepper (optional; if you like a kick of heat)
- ½ tsp of your favourite sweetener

Simply blend all the ingredients together in a food processor and then warm through in a saucepan on a low heat.

# Sleep



## *Malted milk*

With its combination of warm milk and nostalgic maltiness (not to mention a blend of magnesium, vitamin B, iron, zinc and phosphorus), this old-fashioned favourite will relax you and make you feel drowsy.

## *Sour cherry juice*

The sleep-promoting hormone melatonin is naturally present in foods, including tart cherries, goji berries and raspberries. Research has shown significant but modest improvements in sleep after boosting melatonin levels with two doses a day of this super-tasty juice.

# *drinks*

# Complete in the morning

Start date: \_\_/\_\_/\_\_

Day of week:

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

I went to bed

last night at:

PM/AM

PM/AM

PM/AM

PM/AM

PM/AM

PM/AM

PM/AM

I got out of bed

this morning at:

AM/PM

AM/PM

AM/PM

AM/PM

AM/PM

AM/PM

AM/PM

Last night I fell asleep:

Easily

☐
☐
☐
☐
☐
☐
☐

After some time

☐
☐
☐
☐
☐
☐
☐

With difficulty

☐
☐
☐
☐
☐
☐
☐

I woke up during the night:

# of times

☐
☐
☐
☐
☐
☐
☐

# of minutes

☐
☐
☐
☐
☐
☐
☐

Last night I slept a total of:

My sleep was disturbed by:

List mental or physical factors including noise, lights, pets, allergies, temperature, discomfort, stress, etc.

When I woke up for the day, I felt:

Refreshed

☐
☐
☐
☐
☐
☐
☐

Somewhat refreshed

☐
☐
☐
☐
☐
☐
☐

Fatigued

☐
☐
☐
☐
☐
☐
☐

Notes:

Record any other factors that may affect your sleep (i.e. hours of work shift or monthly cycle for women)



# Complete at the end of day

Day of the week:

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

I consumed caffeinated drinks in the: (M)orning, (A)fternoon, (E)vening, (N/A)

M / A / E / NA

I exercised for at least 20 minutes in the: (M)orning, (A)fternoon, (E)vening, (N/A)

Medications I took today:

Took a nap?

Yes

Yes

Yes

Yes

Yes

Yes

Yes

(Circle one)

No

No

No

No

No

No

No

If yes, for how long?

During the day, how likely was I to doze off while performing daily activities:

No chance, slight chance, moderate chance, high chance

Throughout the day, my mood was ... Very pleasant, pleasant, unpleasant, very unpleasant

Approximately 2-3 hours before going to bed, I consumed:

Alcohol

☐
☐
☐
☐
☐
☐
☐

A heavy meal

☐
☐
☐
☐
☐
☐
☐

Caffeine

☐
☐
☐
☐
☐
☐
☐

Not applicable

☐
☐
☐
☐
☐
☐
☐

In the hour before going to sleep, my bedtime routine included:

List activities including reading a book, using electronics, taking a bath, doing relaxation exercises, etc.



# Your Dream Record

Date \_\_\_\_\_



Who were you in your dream?

Who else was in your dream?

Where were you? What did it look like?

What were you doing?





How were you interacting with your environment and others?



What symbols, objects, animals, colours, shapes and textures did you notice?

What were you thinking? What were you feeling?

Close your eyes. Take a deep breath and come up with a title for your dream (please only do this after you've recorded all the above details):



# Your Dream Record

Date \_\_\_\_\_

Who were you in your dream? Who else was in your dream?

Where were you? What did it look like? What were you doing?

How were you interacting with your environment and others?

What symbols, objects, animals, colours, shapes and textures did you notice?

What were you thinking? What were you feeling?

Close your eyes. Take a deep breath and come up with a title for your dream. (please only do this after you've recorded all the above details):





## *The rise and rise of Sleep Stories*

Drifting off with the radio in the background is so old-school (though still a successful soporific). These days millions of people are regularly listening to podcasts, audiobooks and apps for their nightly dose of bedtime stories. Using your smartphone to unwind from a busy day and prepare yourself for slumber has never been so easy – a smart way to use this technology with sleep in mind.

To date, there have been a total of 150 million listens.

While Sleep Stories ranging from tales of travel to modern-day fairy tales to classics in shorter form are hugely popular, soundscapes – rain on city streets, waterfalls or train rides – are also widely used short cuts to shut-eye.

1 Search for Calm in your  
chosen app store



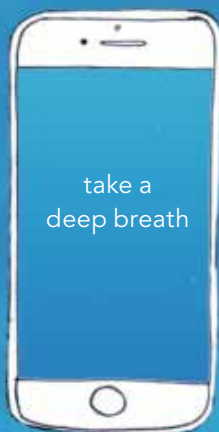
2 Download Calm



3 Open the app



4 Enjoy



# 10 OF THE MOST POPULAR *Sleep Stories on Calm*



## 1. WONDER

(Narrated by Matthew McConaughey)

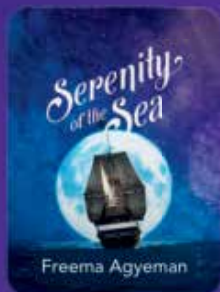
Join Matthew McConaughey for a dreamy story about the mysteries of the universe, in a heartfelt tale full of magic and wonder.



## 2. BLUE GOLD

(Narrated by Stephen Fry)

Let master storyteller Stephen Fry take you on a serene journey through the lavender fields and sleepy villages of Provence.



## 3. SERENITY OF THE SEA

(Narrated by Freema Agyeman)

Join actress Freema Agyeman for another enchanting journey through the magical kingdom of Lionwood.



## 4. SONG OF THE SUNBIRD

(Narrated by Leona Lewis)

Follow the calming voice of Leona Lewis on this moonlit quest through the jungles of Kilimanjaro.



## 5. THE WATERFALL

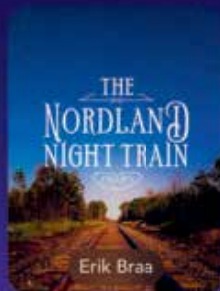
(Narrated by Tamara Levitt)

A soothing journey through nature to discover the source of a magnificent sound, narrated by Calm's own Tamara Levitt.

## 6. THE VELVETEEN RABBIT

*(Narrated by Anna Acton)*

The classic tale of a really splendid rabbit, read by British actress Anna Acton.



## 7. THE NORDLAND NIGHT TRAIN

*(Narrated by Erik Braa)*

Tonight, travel up the scenic coast of Norway aboard one of Europe's most breathtaking and remote railways.

## 8. CLOSE YOUR EYES SLEEPYPAWS

*(Narrated by Philippa Alexander)*

Join SleepyPaws in this dreamy tale set in the melodic world of Moshi Twilight Sleep Stories. (Produced by Calm in partnership with Moshi Twilight Sleep Stories, the Sleep Stories app for kids.)



## 9. MOROCCO'S HIDDEN FOREST

*(Narrated by Phoebe Smith)*

Join author Phoebe Smith, Calm's Sleep Storyteller-in-Residence, for an enchanting journey to the sleepy hidden forests of Morocco.

## 10. THE NUTCRACKER

*(Narrated by Larry Davis)*

Tonight, travel to a world of magic and enchantment, as you drift off to this classic and beloved tale.



DATE



WHAT MADE YOU FEEL  
CALM TODAY?



2  
WHAT WERE THREE  
HIGHLIGHTS  
TODAY? ✨ ✨ 🌙

# Sleep intention diary

Let's start by checking in with you and your current sleep practices.

Here are some practices that can improve sleep quality. How many are part of your routine? Which are you not doing currently but feel doable and desirable to you?

**Put a checkbox in the appropriate column for each:**

Current practice	New habit to try
---------------------	---------------------

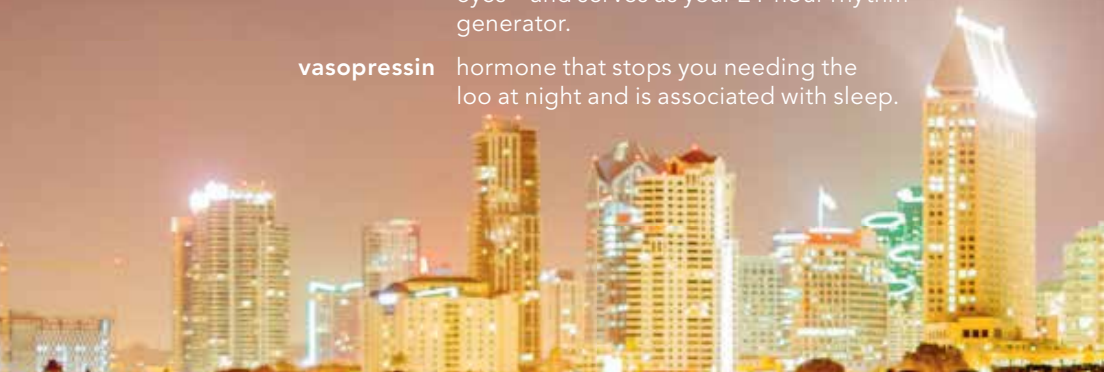
- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Listening to a Sleep Story   |
| <input type="checkbox"/> | <input type="checkbox"/> | Doing deep sleep meditation  |
| <input type="checkbox"/> | <input type="checkbox"/> | Doing the evening wind down Calm body session                                    |
| <input type="checkbox"/> | <input type="checkbox"/> | Listening to relaxing music  |
| <input type="checkbox"/> | <input type="checkbox"/> | Dimming the lights   |
| <input type="checkbox"/> | <input type="checkbox"/> | Drinking lots of water during the day but not drinking too much right before bed |
| <input type="checkbox"/> | <input type="checkbox"/> | Regular exercise   |
| <input type="checkbox"/> | <input type="checkbox"/> | Avoiding screens and blue light before bed                                       |



- ☐ ☐ Getting sunlight during the day
- ☐ ☐ Using a sleep mask
- ☐ ☐ Using earplugs
- ☐ ☐ Drinking decaffeinated tea before bed
- ☐ ☐ A scoop of coconut oil before bed
- ☐ ☐ A clutter-free bedroom
- ☐ ☐ Avoiding particular foods
- ☐ ☐ Keeping a notebook by your bed to empty your thoughts and to-do list on to paper so that you can rest your mind
- ☐ ☐ Meditation
- ☐ ☐ Breathing exercises
- ☐ ☐ Calm sleep mist
- ☐ ☐ Aromatherapy
- ☐ ☐ Cooler temperatures in the bedroom
- ☐ ☐ A set bedtime

# Sleep glossary

<b>adenosine</b>	a chemical compound that starts building in your bloodstream from the moment you wake up until bedtime.
<b>CBT-I</b>	behavioural therapy targeting insomnia issues in particular.
<b>circadian rhythm</b>	a roughly 24-hour inbuilt clock.
<b>endorphins</b>	'feel good' neurotransmitters.
<b>ghrelin</b>	hormone that stimulates hunger.
<b>leptin</b>	chemical that conveys fullness.
<b>melatonin</b>	hormone that signals to your body and brain that it's dark and time to sleep.
<b>NREM sleep</b>	non rapid eye movement sleep, or 'dreamless' sleep (stages 1, 2, 3).
<b>oxytocin</b>	the 'love hormone'.
<b>polyphasic sleep</b>	sleep on several occasions within 24 hours.
<b>prolactin</b>	hormone that makes you feel relaxed and sleepy.
<b>proprioceptive system</b>	our body's sensory receptor.
<b>REM sleep</b>	rapid eye movement, the phase of sleep with more bodily movement and faster pulse and breathing (the phase that precedes stages 1 to 3 of the sleep cycle).
<b>sleep drive</b>	a measure of a person's biological need for sleep.
<b>sleep latency</b>	the time it takes you to nod off.
<b>suprachiasmatic nucleus</b>	an area of your brain that sits behind your eyes – and serves as your 24-hour rhythm generator.
<b>vasopressin</b>	hormone that stops you needing the loo at night and is associated with sleep.



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## Sources:

Center for Environmental Therapeutics: 46–9; *New Scientist*: 72; National Sleep Foundation: 77, 97, 140–41; *Sunday Times*: 113.

