

# IMPERIAL

10-14  
FEB  
2025

South  
Kensington  
Campus

## Learning Well Programme

DESIGNED FOR ALL IMPERIAL STUDENTS



Craft your personal journey  
to success

Connect study strategies with  
positive mental wellbeing

Foster wellbeing through  
effective learning practices

Explore the Learning Well  
Project student resources

## The Art of Mastering Sleep

**Facilitator: Hamzat Ahmed**

Imperial Athletes

- 13/02/2025



# IMPERIAL

## Pre-session Check-in Exercise

### Imperial students -

To support you to get the most from the Learning Well Programme, please take a moment to complete this short exercise about your current understanding and expectations of this session:

- Your responses will be submitted anonymously.
- There are no right or wrong answers – feel free to share your thoughts.
- This activity should take no more than 2-3mins.

### Learning Well Programme: Pre-session Check-in Exercise

(THURSDAY)





# The Art of Mastering Sleep

Enhancing Cognitive and Physical Performance-Sleep Hygiene Workshop



Recovery

## Workshop Objectives

By the end of this workshop, participants will:

- Understand the principles of sleep hygiene and its impact on health, wellness & performance.
- Learn actionable strategies to improve sleep quality.
- Identify personal sleep disruptors and create a tailored sleep plan.

What current barriers do you face to getting a good nights sleep?



A word cloud generated by the MentiWordCloud tool. The words are arranged in a cluster, with 'bold' and 'leader' in pink, 'creative' in light blue, 'fast' in light green, and 'inspiration' in orange. The word 'us' is partially visible at the bottom of the cluster.

**MENTIMETER WORD CLOUD GENERATOR**

What would you consider the most important factor to poor sleep quality? Please put the following factors in rank order.

- 1st Nutrition (proximity to sleep)
- 2nd Environment (temp, noise, light etc)
- 3rd Screen time
- 4th Stress levels

Mentimeter ranking poll



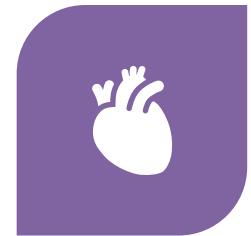
# Why Sleep Matters



SLEEP IMPACTS EVERY AREA  
OF YOUR HEALTH AND  
PERFORMANCE.



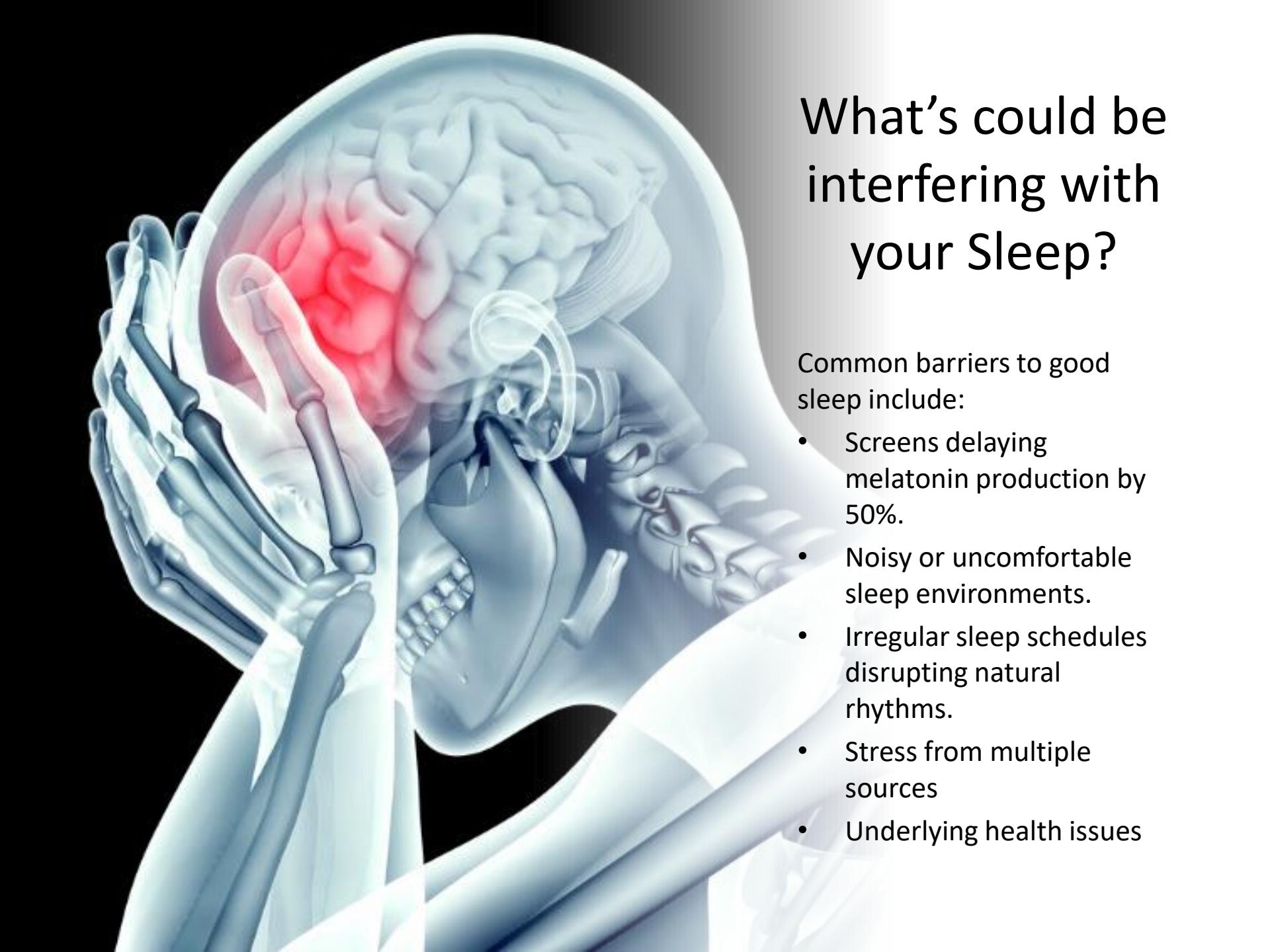
POOR SLEEP REDUCES  
COGNITIVE PERFORMANCE  
BY 20-30%.



CHRONIC SLEEP  
DEPRIVATION INCREASES  
HEART DISEASE RISK BY 48%.



BAD SLEEP REDUCES FOCUS,  
MEMORY, AND EMOTIONAL  
STABILITY BY UP TO 40%.



# What's could be interfering with your Sleep?

Common barriers to good sleep include:

- Screens delaying melatonin production by 50%.
- Noisy or uncomfortable sleep environments.
- Irregular sleep schedules disrupting natural rhythms.
- Stress from multiple sources
- Underlying health issues

# Understanding the Sleep Cycle

- The sleep cycle consists of 4 key stages. Here's how they work:
- Stage 1: Light sleep (~5-10%) - Transition phase.
- Stage 2: Memory consolidation (~50%).
- Stage 3: Deep sleep (~20%) - Physical restoration.
- Stage 4: REM (~20-25%) - Emotional regulation and creativity.

# The Body's Internal Clock

- Circadian rhythm regulates sleep-wake cycles.
- Align habits with light exposure for better sleep.
- Keep a consistent sleep schedule.
- Spend time in natural light during the day.

**SLEEP**  
ROUTINE CALCULATOR

WAKE UP TIME	EAT DINNER	TAKE A BATH	TURN OFF ALL SCREENS	BEDTIME
5 AM	6 PM	7 PM	7:30 PM	9 PM
6 AM	7 PM	8 PM	8:30 PM	10 PM
7 AM	8 PM	9 PM	9:30 PM	11 PM
8 AM	9 PM	10 PM	10:30 PM	MIDNIGHT



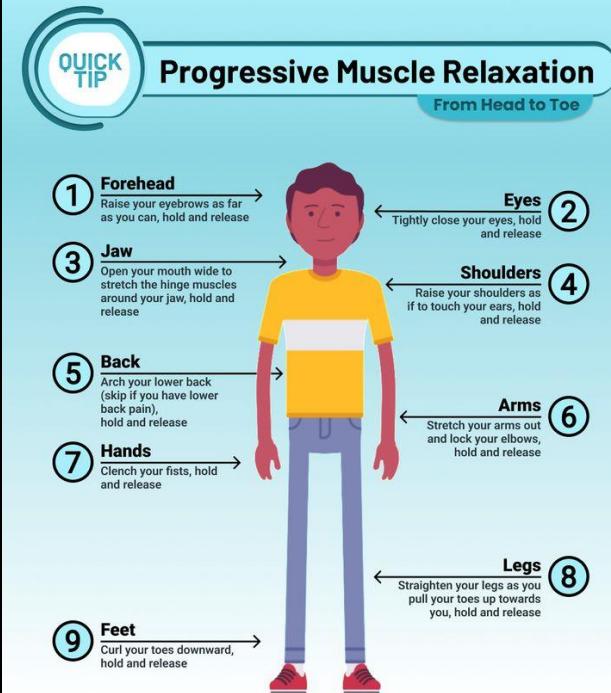


# Practical Activity: Sleep Audit

- Take a few minutes to reflect on your sleep habits.
- **What time do you go to bed and wake up?**
- **How often do you use screens before bed?**
- **Rate your sleep environment (light, noise, temperature). 1-5 scale**
- Create 2 actionable items to improve sleep.

# Practical Techniques for Better Sleep

- Try these exercises to relax and improve sleep:
- Breath Work (7:11 Technique): Inhale for 7 seconds, exhale for 11.
- Progressive Muscle Relaxation: Release tension to prepare for sleep.



## TECHNIQUES for Stress Relief.

7:11

### HOW TO DO IT?

- Sit or lie down in a comfortable position with your back straight.
- Build up to a 7s inhale and 11s exhale. However, start at 3:5, then build like this



3:5 → 4:6 → 5:7 → 6:9 → 7:11

- Breathe in through the nose and out through the nose.
- Belly breathing only.
- On the exhale, relax the muscles of the face and sink into the chair/bed.
- Place your attention on your breath and the feeling of the breath coming into your nose slightly cooler, and out of your nose with a slightly warmer feeling.
- Build up to 7:11 over time.
- If your numbers are climbing and you're starting to feel it's difficult to sustain the time, drop back down to the previous number.

### When to use it?

Anytime. When you are feeling overwhelmed and have a few moments away from the chaos and you want to ground yourself and refocus. Very potent pre-bed, good to use as part of your switching off from work protocol on your commute home.

### BENEFITS:



# Summary & Next Steps



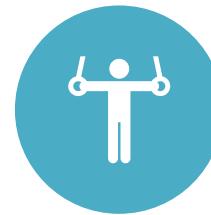
Sleep is essential for peak performance and well-being.



Align habits with your sleep cycle and circadian rhythm.



Make small, actionable changes to improve your sleep environment.



Use relaxation techniques as part of your nightly routine.

## Post-session Reflection

### **Imperial students -**

To help you maximise this learning opportunity, this activity is designed to support you to reflect on what you've learnt and to consider what you can personally take away from this session.

- Your responses will be submitted anonymously.
- There are no right or wrong answers.
- This exercise should take no more than 3mins.
- We hope you find this activity helpful.

Learning Well Programme: Post-session Reflection Activity  
(THURSDAY)

