

The Five ACTs of Healthy Active Aging

ACT 1 Sleep

Every great Broadway performance is a progression of precisely executed acts, each building on the previous action, and your centre stage is no exception. What are **ACTs**? To change or create a new habit we need to **ACT**:

Acknowledge the current circumstance to understand the reward, harm or expense.

Change mindset to realize the benefit of replacing old habits with healthier alternatives.

Transform by making small incremental modifications leading to major change and benefit.

The Five ACTs of Healthy Active Aging are: 1) Sleep, 2) Nutrition, 3) Exercise, 4) Social Relationships and 5) Mindfulness

In this tutorial we'll apply the **ACTion!** guidelines strategy to **ACT 1 Sleep** as getting sufficient, quality sleep is critical to achieve success with all the five **ACTs of Healthy Aging**.

ACT 1 Sleep

Acknowledge: your current amount of sleep: _____ hours/night

It used to be that some people considered being able to “get by” on four or five hours of sleep a badge of honour. You’d hear comments like, “I’ll sleep when I die”. We now know that if you don’t get enough sleep that time to sleep will likely come much sooner! Almost 50% of adults don’t get enough sleep.

Change mindset: How will having more energy throughout the day feel and what activities will that energy fuel? To realize the benefits listed above, 7-9 hours of sleep each night is necessary. This is not optional for optimal health. Not getting enough sleep compromises health, so it must be prioritized. It is now well documented that to regulate many systems in the body, repair and heal, regulate mood and brain function, lower risk of heart disease, cancer and even dementia adequate sleep is critical.

It is even suggested by many health professionals that sleep is more important than diet!

Getting a great nights’ sleep has many benefits. These include:

- Boosting your immune system
- Repairing damage, growing muscles,
- Reduces inflammation
- Flushing of waste and toxins
- Increased energy, lack of sleep almost the same as being drunk, we just get used to it!

So, looking at the above it’s clear to see that sleep is medicine!

Science has also recognized that chronic lack of sleep results in much greater risk for depression, cancer, heart disease, diabetes, dementia and anxiety.

It has also been recognized the brain has a system of repair and cleanup that occurs only in sleep at night. The *glymphatic* system is a network of vessels that clear waste from the central nervous system mostly during sleep.

Transform: Now, make small, incremental changes to prioritize increased sleep. If you're getting 6 hours of sleep, instead of going all in and saying, "That's it, I'm going to bed two hours earlier every night!", this will probably not be sustainable. Instead commit to going to bed 15 minutes earlier each night for a week. Once you can be consistent with this new bedtime, retire an additional 15 minutes earlier, until that becomes a new habit. Repeat this procedure until the goal of 8 hours of sleep each night is reached. You'll be amazed at your increased energy, creativity and your ability to focus!

Tips for better Sleep:

- Turn off all electronics an hour before bed. Don't take electronics into the bedroom.
- Bedroom should be dark and cool
- Decrease the amount of light in the evening, turning bright lights off, using dimmer switches, even candles
- Stop eating 2-3 hours before going to bed.
- Consume caffeine only early in the day
- Take a hot bath before bed to relax
- Calm down before bed, this is a great time to take time for yourself to meditate, read, or reflect on the day.

ACTion! Centre Stage Finale

A great play, script or movie must have precise pacing and it can't be hurried. It takes time to develop the characters and plot and establish the hero. Your journey to better health and happiness is the same. Celebrate consistent, small, incremental changes to your routine and habits, becoming healthier and happier with each victory. Remember, "*It's never too late to improve your health and live your passion!*"

We hope you find this **ACTion! Centre Stage** component rewarding and successful.

If you'd like to chat about any of our personalized coaching programs, you can book a free private consultation [HERE](#)

For more tips, coaching support and programs check out the following links:

Live Centre Stage website: <https://LiveCentreStage.com>

Live Centre Stage Facebook Group: <https://www.facebook.com/groups/livecentrestage>

Live Centre Stage YouTube Channel: <https://www.youtube.com/@livecentrestage>

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