

# Welcome to Restful Nights with Fitrasta

In today's fast-paced world, especially in India, restful sleep is often overlooked. Fitrasta is dedicated to holistic wellness, including sleep, because it's the bedrock of a healthy and productive life.

Studies show that over 60% of Indians suffer from sleep-related issues. Unlock your potential through better sleep with Fitrasta.

 by Danis Arora



# Why Prioritize Sleep?

## Cognitive Function

Sleep is crucial for memory, focus, and decisions. Lack of sleep can reduce performance by 40%. Essential for students, professionals, and entrepreneurs.

## Physical Health

Adequate sleep strengthens the immune system. It helps regulate metabolism and reduces chronic disease risks like diabetes and heart disease.

## Emotional Well-being

Sleep is vital for emotional regulation and reducing anxiety. It is also known for improving mood and reducing depression risk.



# Create a Sleep Sanctuary

## Darkness is Key

Melatonin, the sleep hormone, is produced in darkness. Block light with curtains or an eye mask. Light exposure suppresses melatonin production.

## Minimize Noise

Use earplugs or a white noise machine to block sounds. This is especially important in densely populated areas.

## Optimal Temperature

Keep your bedroom cool, ideally between 18-20°C. High temperatures common in India can disrupt sleep, so regulate the temperature with AC or fans.



# Mindful Media Consumption



## Avoid Sensational News

Consuming stressful news before bed can trigger anxiety. Limit news intake in the evening for better sleep.



## Opt for Calming Content

Choose relaxing books, soothing music, or nature documentaries. Calming content can reduce pre-sleep anxiety.



## Limit Social Media

Set a social media curfew at least an hour before bed. Constant notifications keep your mind racing.

# Screen-Free Evening

1

## Blue Light Effects

Blue light from screens suppresses melatonin. Studies confirm blue light disrupts sleep.

2

## Screen-Free Hour

No screens at least one hour before bed. This allows your brain to wind down.

3

## Alternative Activities

Replace screen time with reading or meditating. This helps prepare for sleep.



# Craft a Bedtime Routine

## Consistent Schedule

Go to bed and wake up at the same time every day, even on weekends. This regulates your sleep-wake cycle.

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## Relaxing Activities

Include calming activities like a warm bath or reading.

## Meditation

Incorporate mindfulness and meditation to improve sleep quality.

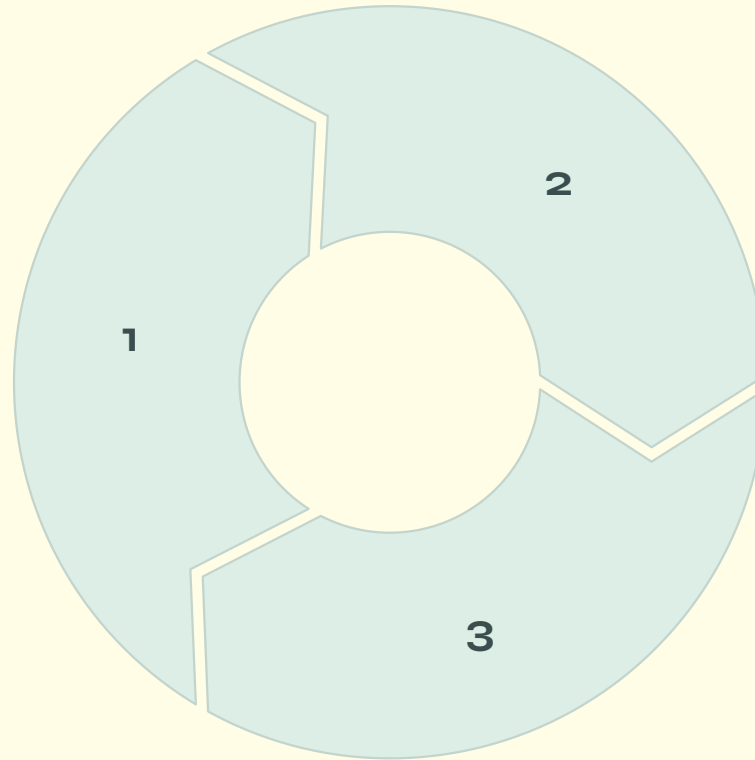
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# Stay Active, But Time it Right

## Benefits of Exercise

Regular activity improves sleep quality.  
It reduces stress and anxiety.



## Timing is Crucial

Avoid intense workouts close to bedtime. It elevates heart rate and body temperature.

## Gentle Evening Activity

Opt for a leisurely walk in the evening. It reduces stress. (preferably barefoot on the grass)

# Fitrasta and Your Sleep Journey

1

## Key Techniques

Create a sleep sanctuary, consume media mindfully and maintain a consistent sleep schedule. Avoid screens before bed and time exercise correctly.

2

## Fitrasta Support

At Fitrasta we keep sleep our utmost priority for our clients.

3

## Prioritize Sleep

Investing in sleep is investing in your well-being and success.

