



CREATIVITY BOOT CAMP

Mental R & R

[SCREAMSHEET]

Sleep:

Your body needs sleep	Your body and your mind need to recharge each night, and sleep is how we do this. Your physical body needs between 5-6 hours of sleep each night to rest and repair itself. This initial sleep is often devoid of much R.E.M. dream sleep, which is what your mind needs to recharge itself. Figure another 2 hours of sleep are needed for dreaming and mental recharging (most dreaming occurs after your first 5-6 hours of sleep), for a total of 7-8 hours of ideal sleep per night.
Some sleep pointers	<ul style="list-style-type: none">• Sleep in a darkened room, on a firm and comfortable mattress• De-stress and “turn off” your mind before you climb into bed (don’t think about your worries or your day to come right before sleep)• Don’t eat for 90 minutes before bed• Don’t read in bed—make bed for sleeping only. Read in a comfortable chair, preferably not in the bedroom• Stick to a regular sleep schedule as much as possible—sleep isn’t something you can “catch up on” on weekends

Lucid Dreaming:

What is Lucid Dreaming?	Lucid dreams are dreams you have in which you are fully conscious and aware that you are dreaming. You can fly, do anything you wish, and in general, have a mental vacation.
How do I have a Lucid Dream?	You need to train yourself to know when you are dreaming. The easiest way to do this is to get into the habit, every hour or so, of looking at a book title or a digital clock nearby, making a note of what it says, and then turning away for a second. Look back again—does it say the same thing? If so, you are awake—in a dream, it will say something different, and this is your cue: you’re dreaming!
What if I start to wake up?	If you feel yourself starting to wake up, outstretch your arms and start spinning slowly—this will pull you back into sleep and your dream state.

Relaxation:

Relax dude!	The word “relax” has its origin in the Latin word “relaxare” which means “to loosen”. When we engage in relaxation techniques we are in effect loosening tension, releasing tightly held energy and letting go. Relaxation is a way to level out stress and “rest” our minds and bodies.
Simple relaxation techniques	<ul style="list-style-type: none">• Give yourself a cue—tell yourself it’s time to wind down, like slipping into sweat pants or a favorite t-shirt when you get home.• Sit quietly—sit quietly and calmly for 3-5 minutes.• Less clutter—clear your world of needless clutter.• Breathing—give yourself some deep breathing; breathe in for 7 seconds, hold for 7 seconds and exhale for 7 seconds. Breathe through your nose and breathe deep—if you do it right, you won’t hyperventilate or be gagging for air.• Have an end-of-day ritual—have a regular ritual as you prepare for bed, something that you look forward to.