



# Recharge to Thrive: Sleep, Learning, and Resilience

Dr. Matt Symonds, MOSHAPE

**Sleep and resilience  
are deeply  
interconnected—each  
one strengthens the  
other.**



**IT WORKS  
BOTH  
WAYS!**



**We don't like to let our phone batteries look like this, why do we let our sleep levels?**

# Sleep restores the brain systems that support resilience

When you sleep, your brain:

- Regulates emotions by calming your brain's alarm system.
- Strengthens the prefrontal cortex, which helps with focus, problem solving, and stress management.
- Processes and files memories which helps you bounce back from challenges.

Adequate sleep increases emotional stability, stress tolerance, and mental flexibility—all pillars of resilience.

# How much sleep do we need?



# How much sleep do we need?

- Newborns (0–3 months): 14–17 hours total
- Infants (4–12 months): 12–16 hours (including naps)
- Toddlers (1–2 years): 11–14 hours (including naps)
- Preschoolers (3–5 years): 10–13 hours
- School-age kids (6–12 years): 9–12 hours
- **Teenagers** (13–18 years): 8–10 hours
- **Adults** (18–64): 7–9 hours
- Older adults (65+): 7–8 hours

# Poor sleep reduces our ability to cope

Not getting enough sleep:

- Increases irritability and emotional reactivity
- Lowers frustration tolerance
- Reduces concentration and motivation
- Makes stress feel more overwhelming

A tired brain interprets challenges as threats, making it much harder to be resilient.

# Resilience improves sleep

People with stronger resilience skills:

- Cope with stress more effectively
- Ruminates less at night
- Recover faster from setbacks
- Develop healthier routines, including bedtime habits

This creates a positive feedback loop: resilience → better sleep → greater resilience.

# Sleep helps the body build physical resilience

Good sleep boosts:

- Immune function
- Hormone balance
- Recovery from illness or injury
- Energy levels

Physical wellbeing contributes to mental resilience.

# Resilience practices improve sleep quality

Skills such as:

- Mindfulness
- Gratitude – example: 3 things
- Cognitive reframing
- Healthy boundaries
- Social support

...reduce stress at night and make restful sleep more likely.

# Mindfulness Activities

**Super-Senses**

**Notice 3 Things**

**Safari**

**Blowing Bubbles**

Ellen Langer defines mindfulness as the active process of "noticing new things".

# ★ Reframe Your Thoughts ♥

Empathy  
Reframe

What would my best friend say to me? What would I say to someone having these thoughts?

Facts  
Reframe

What are the facts? Is this true? Is there an alternative explanation that makes sense?

Language  
Reframe

Can I use words that affirm what I'm feeling but are also empowering or supportive?

Context  
Reframe

Is this a big picture issue? Is there a middle ground somewhere in this situation?

Behavioral  
Reframe

What have I done that's in opposition to the thoughts I am having about myself?

# Cognitive Reframing

# Cognitive Reframing Worksheet

My unhelpful thought	Is it true?	The thought makes me feel...	The thought makes me want to...	What evidence do I have that this is true (or not)?	What would I tell a friend if they had this thought?	A more helpful thought is...

# Sleep Tips

<b>Keep a consistent sleep schedule</b>	<b>Create a wind-down routine</b>	<b>Limit screens before bed</b>	<b>Create a cool, dark, and quiet space</b>
<b>Exercise regularly– stretch before bed</b>	<b>Watch caffeine and alcohol timing</b>	<b>Be mindful of late night eating</b>	<b>Get morning sunlight</b>
<b><u>Learn a relaxation skill</u></b>	<b>Use your bed for sleep</b>	<b>Make a list</b>	<b>Use deep breathing</b>

# Good Reads–

- Langer, E. J. (1989). *Mindfulness*. Addison-Wesley.
- Newcomer, C. (2016). [Three gratitudes](#).
- Walker, M. (2018). *Why we sleep*. Penguin Books.



**Questions?**

**Scan QR Code to  
Access Slides**

