

Subject: Your Daily Habits Are Reshaping Your Sleep—Here's What to Know

**Preview:** From nighttime snacking to art parties—science-backed ways to boost sleep, mood, and longevity.

Newsletter | Issue #36

## ***Body Wisdom***

### **The Hidden Power of Movement on Sleep and Mood**

Your body speaks in rhythms—of wakefulness, of rest, of movement. And according to a new study in [Nature](#), how you spend your waking hours—whether in motion or stillness—directly shapes the **quality and composition of your sleep**, with profound effects on mood and cognitive function.

#### **The Science of Movement and Sleep Architecture**

This study, conducted in natural settings using data from Fitbit health tracker rather than a lab, uncovered a powerful connection: Physical activity changes the structure of your sleep.

- **More movement = More NREM sleep**
  - Low-intensity activity (like walking and movement exercises) and moderate-to-vigorous exercise (running, fast cycling, fast swimming) increased non-rapid eye movement (NREM) sleep, particularly slow-wave sleep (SWS)—the deepest, most restorative sleep stage linked to cellular repair, immune function, and brain detoxification.
- **Less sitting = Healthier REM cycles**
  - More sedentary behavior was associated with shorter REM latency (the time it takes to enter REM sleep) and higher overall REM sleep duration—patterns that have been linked to mood dysregulation and increased emotional reactivity in previous research.
  - Moderate physical activity, however, lengthened REM latency, a sleep pattern associated with lower depression severity and better emotional resilience.

**The Takeaway:** Your sleep begins long before your head hits the pillow.

## *Eat Well*

### **Nighttime Snacking: Sleep Aid or Disrupter?**

Nighttime snacking is common—one survey by the Sleep Foundation found that [93% of people report](#) nighttime noshing. But is eating before bed always bad? The research is mixed.

Harvard researchers found that [sleep loss can lead to late-night eating](#), and higher-calorie food choices. And those who eat later in the day have [20% lower energy expenditure](#) and stored more fat than early eaters. But other studies show that small, nutrient-dense snacks before bed may actually support sleep and muscle recovery. A *Medicine & Science in Sports & Exercise* study found that [30 grams of protein before bed improved overnight muscle repair](#).

#### **Timing and Food Choice Matter**

If you eat too much too late, your body stores more fat and digestion can disrupt sleep. But if it's been more than 3 hours since your last meal, and you know that a nighttime nosh helps you sleep, enjoy. But keep it light (aim for [under 150 calories](#)).

#### **Smart Nighttime Snacks**

- **Banana with Almond Butter** – Magnesium & tryptophan support relaxation and sleep.
- **Greek Yogurt with Walnuts and Berries** – Protein aids muscle recovery; walnuts provide melatonin.
- **Overnight Oats with Almonds and Berries** – Complex carbs and magnesium boost serotonin & melatonin.
- **Natural Peanut Butter on Whole-Grain Crackers** – Balanced carbs and protein stabilize blood sugar overnight.

Keep portions small, focus on protein and complex carbs, and avoid processed snacks to wake up feeling rested, not sluggish.

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### *Did You Know?*

#### **Art Parties Ease Anxiety and Depression**

Creativity isn't just about self-expression—it's a tool for connection, mental health, and longevity. New research suggests that group arts activities—painting, music, dance—[are as effective as antidepressants or therapy in reducing depression and anxiety](#). And the benefits go beyond creativity: The most significant mental health improvements happened when participants engaged consistently and in a setting where they felt comfortable and connected.

Why? Social connection may be the secret ingredient. When people create together, they experience **shared joy, a sense of belonging, and emotional support**—all of which are linked to better mental health.

### **Super Age Advice: Make Art a Social Ritual**

 **Throw an art party.** Set up paints, clay, or collage materials and create together with friends. No pressure—just play.

 **Join a group class.** Whether it's pottery, improv theater, or songwriting, shared creativity deepens bonds and reduces stress.

 **Host a music or dance night.** Move, sing, or play music together. Dancing in a group, in particular, boosts mood and social connection.

 **Make it a habit.** Regularly gathering with friends to create may have lasting effects on mood, resilience, and overall well-being.

Invite your friends, pick up a paintbrush, and let the good vibes flow.

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## ***Stay Amazed***

### **The Power of Playfulness**

When life throws curveballs, optimism is often the trait we lean on to stay afloat. But new research suggests that playfulness—**our ability to approach challenges with curiosity and creativity**—may be just as powerful for resilience.

During the height of the COVID-19 pandemic, researchers found that playful individuals weren't shielded from fear or uncertainty, but they were **better at reframing adversity**. They saw challenges as opportunities for growth, engaged more in adaptive leisure, and maintained a stronger sense of internal control. In other words, they found ways to “lemonade” their circumstances—**imagining and pursuing positive possibilities without denying reality**.

“Playfulness doesn't distort reality—it enhances it,” says researcher Sharon Shen. And that enhancement can be cultivated. Small shifts toward spontaneity, laughter, and curiosity can reframe your world, build resilience, and support long-term well-being.

### **Cultivate Playfulness in Daily Life**

- **Follow your curiosity.** Try a new hobby, game, or creative pursuit.
- **Shake up routines.** Approach everyday tasks with a sense of experimentation.
- **Embrace humor.** Allow yourself moments of silliness and laughter.
- **Surround yourself with play.** Spend time with people who inspire joy and spontaneity.
- **Give yourself permission to explore.** Create unstructured time for movement, imagination, and fun.

Playfulness isn't just for children—it's a mindset that keeps us engaged, resilient, and open to life's possibilities.

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## QUIZ

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## STUFF WE LOVE



*Photography by Sensei Four Seasons Lānaʻi*

## Destination Inspiration

**Sensei Rest and Reset, Lānaʻi.** For those who take their R&R seriously, Sensei Four Seasons Lānaʻi isn't just a getaway—it's a high-tech, high-touch wellness overhaul. WHOOP sleep tracking before you even arrive? Check. Private sleep, stress, and digestion coaching? Got it. Spa treatments, resilience training at an adventure park, and a post-retreat game plan to keep you thriving? Oh, absolutely. Plus, semi-private flights, luxe digs, and VIP beach access. True restoration, redefined.

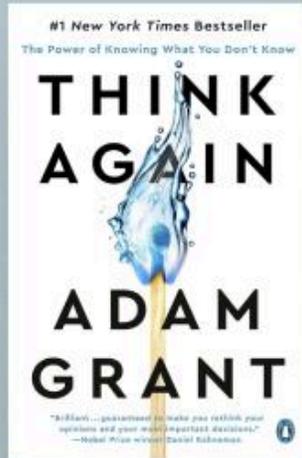


*Photography by Darren Muir*

### **Recipe of the week**

**Protein-Packed Bowtie Pasta.** This protein-packed pasta from Bay Area dietician Edwina Clark is the perfect good-sleep meal—when timed right. Lean turkey delivers tryptophan, a precursor to melatonin, while whole grain pasta provides complex carbs to aid serotonin production. A touch of dairy offers calcium, which supports relaxation. Enjoy this meal at least three hours before bed to give your body time to digest and absorb these sleep-boosting nutrients. Comforting, nourishing, and perfect for winding down the day. [Try it!](#)

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## Read This

**Think Again** by Adam Grant. If you want to level up your mindset, [Think Again is your blueprint](#). Organizational psychologist Adam Grant dives into the power of rethinking—why questioning your own beliefs leads to sharper decisions, deeper learning, and better conversations. Packed with research and real-world examples, this book challenges you to embrace uncertainty, think more flexibly, and thrive in a constantly changing world. A must-read for anyone who values growth over stubborn certainty.

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## Quote:

"Laughter is the sun that drives winter from the human face." — Victor Hugo