

The Science of Sleep

Six studies worth knowing before bed.

01

Sleep hygiene actually works.

Across 24 trials, drug-free sleep habits measurably improved sleep quality.

Hirohama et al., PLoS One, 2024
doi.org/10.1371/journal.pone.0301616

02

Sleep files your memories.

Sleep doesn't just rest your brain — it files today's memories into long-term storage.

Diekelmann & Born, Nat Rev Neurosci, 2010
doi.org/10.1038/nrn2762

03

Daylight is a sleep drug.

Office workers with windows slept 46 minutes more each night.

Boubekri et al., J Clin Sleep Med, 2014
doi.org/10.5664/jcsm.3780

04

Your 4 PM coffee is still in your system at midnight.

Coffee taken 6 hours before bed still stole over an hour of sleep.

Drake et al., J Clin Sleep Med, 2013
doi.org/10.5664/jcsm.3170

05

Your screen is lying to your brain.

A glowing screen before bed delays sleep and dulls next-morning alertness.

Chang et al., PNAS, 2014
doi.org/10.1073/pnas.1418490112

06

Calm mind, deeper sleep.

Mindfulness training beat standard sleep-hygiene tips for better sleep.

Black et al., JAMA Intern Med, 2015
doi.org/10.1001/jamainternmed.2014.8081

Join the **Founding 100** — lifetime 20% off

MIMIALAB.COM

7 - 2 - 0 .