What Your Eyes Do While You Sleep (and Why It Affects Your Energy, Focus & Mood) Transcript

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Eyes and Brain Activity During Sleep

Ever wondered what your eyes are actually doing while you sleep? Most people think the eyes just shut off at night, like hitting pause on a movie. But here's the truth.

Your eyes hard at work even while your rest, especially with the mitochondria in your eye. And what happens during that time plays a huge role in how you focus, think, and feel the next day.

I'm Dr. Bryce Applebaum, a neuro-optometrist, who say we're diving into the connection between sleep vision and brain performance and how improving one can radically transform the others.

The hidden role of your eyes during sleep. During REM, rapid eye movement, your are literally moving back and forth underneath your eyelids. This isn't random.

These are tiny eye movements that help your brain process visual memories, restore balance in your visual system and even solidify learning from the day.

How Screens Disrupt Sleep and Vision

Think about it, over half your brain is devoted to vision. So when you sleep, your visual system doesn't just rest, it resets. That's why a poor night's sleep can leave your eyes feeling heavy, you're focus foggy, and your mood off balance.

Your brain never got to calibrate through the eyes the way it's supposed to. How screens hijack that process. Here's a modern problem. We've trained our eyes to think it is daytime all the time.

Every time you scroll before bed, that high energy light and the blue light hits the retina in the back of the eye and tells your brain, stay alert, the sun's still up.

Your melatonin production then drops, your eyes stay locked in with this near focus mode, and your brains struggles to shift into rest and recovery. That's why you can sleep 8 hours and still wake up feeling exhausted.

The quality of sleep was compromised and your eyes never truly disengaged from the digital stress cycle. How to retrain your visual system for better sleep.

Three Habits to Retrain Your Visual System

it does take consistency. And here are three simple habits to start retraining your eyes and the eye brain connection for better sleep tonight. Ditch the screen at least 60 minutes before bedtime.

Give your visual system time to shift out in your focus. If you have to look at a screen, use a blue light filter or a robust blue-light blocking glasses and dim the brightness.

Step outside first thing in the morning. Expose your eyes to natural light within ideally 10 minutes of waking. And that's what tells your brain it's daytime and resets your circadian rhythm so you can crush your day.

Practice a visual reset before sleep. Close your eye. Take three deep breaths into your nose, out through your mouth, and gently roll your and down and left and right, then in a circular fashion, clockwise and then counterclockwise, this relaxes the nervous system and how the extra ocular muscles signal to your brain, we're

safe, it's time to rest.

These small tweaks help your eyes and brain sync, improving not just sleep, but focus, mood, energy, so you can take on the next day closer to you best.

If you've been struggling with fatigue, poor focus or anxiety, it might not just be your sleep. It could be visual system working overtime. When you strengthen that eye-brain connection, everything improves.

Free Guide and Final Takeaway

If want to start retraining your visual systems at home, I've put together a free guide with daily habits and screen time resets that really work. Click the link below.

or visit screenfit.com forward slash guide to download it. Your eyes don't shut off at night. They recharge your brain. Let's help them do it right.