



SLEEP HYGIENE

DO'S & DON'TS



ESTABLISH ROUTINE

Set a bedtime and stick to it. Your body appreciates routine. While you sleep your body is able to rest, repair, and heal.



SHUT DOWN

Eliminate electronics 60 minutes before bed. At a minimum, use blue light blocking glasses.



CUT THE CARBS

Avoid carbs (popcorn, fruit, sweets, etc.) 3 hours before bed for blood sugar control.



R & R ONLY

Save the bedroom for rest & romance, that's it. Disconnect from work and unplug. Leave your phone in the other room or put it on airplane mode.



REFLECT

Consider a gratitude list or simply reflect on the positives and progress made that day, or in any aspect of your life. Go to bed in a grateful mood.



PUSH THE LIMITS

Sleep is more important than food and exercise combined. Is that TV show really more important than your health?



KEY THE CORTISOL

Light, especially from electronics, increases cortisol (your stress hormone) and decreases melatonin.



FUEL WITH SUGAR

Waking at the same time during the night? Carbs before bed can throw your blood sugar out of whack, leading to restless sleep.



TEXT, TV, WORK, ETC.

If you associate your bed with work, it's harder to relax. Try reading, listening to calming music or a podcast, or practicing deep breathing.



SULK

Don't fall into the trap of replaying negative situations. Falling into this spiral only creates more stress, more cortisol, and less joy.