



TERESA'S TIPS

FOR THE MORNING AFTER

GET UP ANYWAY

I know this seems like a big ask of someone who only got a few winks of sleep, but hear me out. Your body is working hard to maintain its natural circadian rhythm. Even though you feel totally *off*, getting into your normal routine can be more helpful than staying in bed til noon or pressing snooze 5 times.

One bad night of sleep wont have any long term effects on your health.

If you read just one thing in this pdf, read this-
get up, get as much light as possible, and get moving.

Plan to get to bed at a decent hour, and wake up at the same time again tomorrow.

HYDRATE

When you're dehydrated, you might have brain fog, or feel dizzy and drowsy. You're ALREADY sleepy, so let's not make it worse. Getting enough water can also help with the immediate dull, puffy, *I'm so tired and hungover* look you have right now.

In general, lack of quality sleep can effect the release of certain hormones, including vasopressin, which regulates water retention.

Caffeinated drinks are probably necessary at this point- so go ahead! Just make sure you get the hydration you need from water, low sugar beverages, and foods like cucumber and watermelon to balance the dehydrating effects of that caffeine.

NAP- THE RIGHT WAY

If you have the opportunity to take a nap, you should... strategically. Check out this blog to learn everything you need to know about napping the right way

Do not- I repeat- DO NOT- sleep for 2 hours in the middle of the day or early evening.

If you wake up in a deeper sleep stage, you'll only feel more groggy.

Instead, I highly recommend the [*nappuccino*](#)

Drink a caffeinated beverage before a 20-30 minute power nap, so you get a boost of energy upon waking.

these simple actions can prevent a total crash & burn.. If you're experiencing sleepless nights or would like to generally improve your health & performance, you'll need more than *just the tips*
Visit our website or email me directly at teresa@sleepbetter.nyc