

# Sleep Improvement Tips

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- *Practice regular sleep rhythms—go to bed & wake at the same time each day*
- *No TV in the bedroom (try to keep all tech in a different room including phones)*
- *Create an aesthetic environment in your bedroom that encourages sleep ie. serene, restful colors and no clutter*
- *Create total darkness and quiet—consider using eyeshades and earplugs*
- *Avoid caffeine or reduce it after noon—it may make sleep restless and worse*
- *Avoid alcohol—it may aid sleep but makes your sleep interrupted and of poor quality*
- *Get regular exposure to daylight for at least 20 minutes daily.*
- *Minimize food for 2 hours before bed - if the body is dedicated resources to digestion during sleep, it is "borrowing" those resources from recovery, restoration*
- *Write your worries down - write down what is causing you anxiety and make plans for what you can do the next day to reduce your worry.*
- *Take a hot salt or aromatherapy bath. Raising your body temperature before bed helps to induce sleep. A hot bath relaxes muscles and reduces physical and psychic tension. Add 1/2 - 1 cup Epsom salt (magnesium sulfate) and 1/2 - 1 cup baking soda (sodium bicarbonate) to your bath for an alkaline-balancing, sleep inducing effect.*
- *Get a massage, stretch or have good sex before bed*
- *Warm your tummy with a hot water bottle, which raises your core temperature and helps trigger the proper chemistry for sleep*
- *Avoid medications that interfere with sleep. These include sedatives (used to treat insomnia, but ultimately lead to dependence and disruption of normal sleep rhythms), antihistamines, stimulants, cold meds, steroids, headache medication containing caffeine*
- *Take relaxing minerals such as magnesium and calcium*
- *Listen to relaxing music, white noise or ocean sounds to help you sleep*