



Sleep Tips

1. Try practicing the regular rhythms of sleep. Go to bed and wake up at the same time each day
2. Avoid having a TV in the bedroom
3. Create an aesthetic pleasing environment in your bedroom that encourages sleep. Use serene and restful colors. Eliminate clutter and distractions
4. Create total darkness and quiet. Consider using eyeshades and/or earplugs
5. Avoid caffeine later in the day.
6. Avoid alcohol. It may help you fall asleep but creates interrupted sleep so you are never in a your REM
7. Get regular exposure to the sun for at least 20 minutes daily. The rays from the sun goes into your eyes and triggers the brain to release specific chemicals and hormones like melatonin that are vital to healthy sleep, mood, and aging
8. Eat no later than two to three hours before bed. Eating a heavy meal prior to bed can lead to a poor night's sleep and will disrupt the body's overnight detoxification process.
9. During your Power Down Hour, write down the things that you are grateful for. Acknowledge all accomplishments, even small ones. Then write down things that are causing you anxiety and make plans for what you might have to do the next day to reduce your worry. It will free up your mind and energy to move into deep and restful sleep
10. Take an epsom salt or aromatherapy bath. Raising your body temperature before bed helps to induce sleep. A hot bath also relaxes your muscles and reduces tension. By adding Epsom salt and baking soda to your bath, you will gain the benefits of magnesium absorbed through your skin and the alkaline-balancing effects of the baking soda, both of which help with sleep.
11. Get a massage, stretch or have sex before bed. Yes please!
12. Warm your tummy with a hot water bottle, which raises your core temperature and helps trigger the proper chemistry for sleep. Also great for digestion.



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13. Avoid medications that can mess up your sleep. Things like sedatives (these are used to treat insomnia, but ultimately lead to dependence and disruption of normal sleep rhythms and architecture), antihistamines, stimulants, cold medication, steroids, headache medication that contains caffeine
14. Consume minerals such as magnesium and calcium about 1 hour before bed.
15. Listen to a meditation tape or easy listening music while you are journaling.