

# Sleep Hygiene

## 1. Daytime exercise

Exercise will help balance hormones to optimize sleep. Working out in the morning will help you get the habit started more easily.

**Tip:** Avoid strenuous exercise before bedtime as it may interfere with your sleep quality.



## 2. Engage in bedtime activities

Think of activities that can help you relax and unwind from the day. Practicing daily will help prepare your brain for bedtime.

**Tip:** Use the "Taking Care of Me" tracker for ideas.



## 3. Eliminate screen time / brightness

Evening light exposure (even for a few minutes), inhibits the natural rise of melatonin, affecting the body's transition to sleep. We recommend to turn off all devices at least 2 hours before bedtime.



## 4. Avoid naps or keep them less than 30 mins

It is best to avoid naps so that you are tired by bedtime. If you can't make it through the day without a nap, make sure it is less than 30 minutes and before 3pm.



## 5. Avoid nerve-altering stimulants

Refined sugar, coffee, alcohol, nicotine, and other drugs affect your body from getting deep sleep. Avoid caffeine consumption after noon time.



## 6. Establish bedtime routine

Experts recommend going to sleep at least 2 hours before midnight to ensure proper rest and restoration. Try making "early to bed, early to rise" your new routine!



## 7. Avoid big meals before bedtime

Eat your last meal of the day no later than 4-6 hours before bedtime to help you detox and improve sleep quality.

**Tip:** Intermittent fasting, such as skipping dinner, can help you detox better and lose excess weight.



## 8. Practice CBT and reframing

Studies have shown that emotional stress is directly linked to poor sleep quality. Processing your thoughts and focusing on gratitude will contribute to your sleep quality.

**Tip:** Try journaling your thoughts for better results.



## 9. Get up at the same time every morning

Train your body to go to bed and wake up at the same time every day. This will help regulate your internal body clock making you more productive.

**Tip:** Rise with the sun to increase alertness and serotonin levels.



## 10. Practice your spiritual exercise

Studies have shown that those who practice a spiritual devotional sleep better. Try reading a book and meditating on uplifting messages before going to bed.



## 11. Create a restful environment

It is very important that your bedroom is quiet and comfortable. A cooler room with enough blankets to stay warm is best. Also, make sure it is dark and peaceful.



## 12. Watch what you eat

A diet rich in non-refined carbs, tryptophan, and omega-3 fats will help build new cell membranes, reduce inflammation, improve nerve transmission, and produce sleep & happy hormones needed for optimal function.

