

TOP SLEEP TIPS

FOR THE BODY

1. Get at least 8 hours of sleep every night
2. Get up at the same time every day. Do not sleep in for more than an hour past your regular wake-up time on the weekends.
3. Try to exercise every day but DO NOT exercise within 3 hours of bedtime. Avoid:
 - caffeine or energy drinks after midday
 - eating a large meal within 3 hours of bedtime
4. Eat whole foods – diet is important!
5. Don't worry in bed!.....

Get up and do something boring or relaxing instead. Keep lights dim and go back to bed when you start to feel sleepy. Repeat as necessary
6. Do not sleep during the day (a nap of 20 minutes is ok)

FOR THE BRAIN

Step 1: if you find yourself waking at 3am unable to get back to sleep and worrying about different problems then you need to start to deal with the issues of the day while awake (*and not at 3am!*)

In the early evening spend no more than 20 minutes writing events of the day that concern you, along with potential solutions. Close the book and put it away. This way you can pick up the problem the next morning and not worry about it in the middle of the night.

Step 2: Set an alarm one hour before bedtime. At that time

- turn off all technology
- dim the lighting in the room
- warm-hot shower
- relaxation exercise

Step 3. Ensure that the bedroom environment is conducive to sleep

- Quiet
- Cool
- Dark
- Absolutely and definitely no technology in the bedroom

Sweet Dreams!