8 WAYS TO 8 HOURS

getting the sleep you really need

1. DE-STRESS

Managing your stress is key to getting your sleep. If your work or family life has you stretched to your limit, you will find it hard to fall asleep and stay asleep. Calm down with a book, music, meditation, a cup of chamomile tea, or the scent of lavender.

2. LIMIT CAFFEINE, NICOTINE & ALCOHOL

Caffeine and nicotine are stimulants so limiting their use in the hours prior to bedtime will help you sleep. Alcohol interrupts deep sleep so tho you may fall asleep quickly you wont feel rested when you wake.

3. DARK, COOL, QUIET & COMFORTABLE ROOM

Our circadian rhythms require dark to trigger the release of melatonin, which is the hormone that helps us fall asleep. Our bodies rest better when the temperature is cool, the bed is comfortable, and the room is quiet.

4. SAME THING SAME TIME

A bedtime routine conditions your body to feel sleepy at the same time each night. And a regular sleep/wake schedule regulates the body's internal clock and gives rhythm to your circadian cycle. .

"SLEEP IS THE BEST ENERGY DRINK"

Created by Ruth C. White, PhD MPH MSW
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5. SCREENS OFF

The blue light of screens interrupts the production of melatonin – the hormone that triggers sleepiness. Turn off your screens an hour before bedtime so that melatonin production will begin and you can feel sleepy.

6. EXERCISE

Physical activity in the morning or afternoon contributes to longer and deeper sleep at night. Exercise in the evening may leave you too stimulated to fall asleep quickly.

7. WRITE

Spending 15 minutes to write about your day and put persistent thoughts on paper will clear your mind. Add a gratitude practice by writing down 3 things for which you are grateful. This will put you in a positive and peaceful state of mind.

8. MELATONIN

If #1 - #7 don't get you the sleep you need, then you may want to try melatonin, which is a sleep-inducing hormone produced by the body. It can be bought over-the-counter in doses of .5-5.0mg, and if taken half hour before bedtime it can improve sleep quality. (Consult with your healthcare provider before taking any supplements). .

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