<u>TOP SLEEP TIPS FOR A RESTFUL EVENING AND REFRESHING DAY!</u>

<u>DAYTIME:</u>

1. **Wake up roughly at the same time each day (even on weekends!).** Your body likes consistency. If you wake up at the same time each day, your sleep/wake cycle will become regulated and you will be more likely to feel sleepy at the same time each night.

2. **Drink a glass of water immediately upon waking and try to stay hydrated throughout the day.** Sleep is a very dehydrating event and can leave you feeling sluggish, tired and with a headache.

3. **Turn on bright lights in the home as soon as you wake.** Even better, expose yourself to natural outdoor light for 15-30 minutes first thing in the AM if possible (and remove those sunglasses!). Light sends an alerting message to your brain to wake up and inhibits the production of certain hormones, such as melatonin (a sleep hormone).

4. **Eat your meals at approximately the same time each day.** Keeping all your daily processes in sync, such as eating, helps reinforce your body's natural rhythms, including your sleep/wake cycle.

5. **Get outside around lunchtime for 15-30 minutes and keep those sunglasses off!** Even on a cloudy day, outdoor natural light helps boost energy levels and mood and strengthens your sleep/wake cycle.

6. **Engage in some sort of physical activity or movement.** Even a short walk at lunchtime counts! Exercise not only boosts your mood and energy levels but it helps tire out your muscles, increasing the chances of falling asleep in the evening.

7. **Reduce your stress levels on a day-to-day basis.** Anxieties of the day have the ability to disrupt your nights. Cognitive Behaviour Therapy and mindbody techniques such as guided imagery, breathwork and yoga have found to be useful in addressing some of the anxieties that surround sleep issues.

The Science of Better Sleep

HEADSPACE

ENVIRONMENT

SLEEP

SCHEDULE

MOVEMENT

NUTRITION

NIGHTTIME:

1. **Eat your last meal a few hours before you turn off the lights.** Certain foods containing spice, refined sugar and saturated fats, for example, can cause indigestion, inflammation, sugar highs/crashes, and hot flashes, which can make falling asleep and staying asleep more difficult.

2. **As the sun goes down, limit the amount of bright lights turned on in your home.** Reducing light levels helps with the production of melatonin, a sleep-regulating hormone your body needs to produce in order for you to fall asleep.

3. **Restrict television, ipads, and other screen use within 30-60 minutes of bedtime**. Screens emit blue light, which can inhibit the production of melatonin and increase the production of cortisol (a stress hormone that can interfere with sleep). Cortisol levels may also rise from screen use due to the content (eg. shopping online before bedtime or scrolling on Instagram may be mentally activating for your brain).

4. **Create a consistent 30-60 minute wind down routine before turning off the lights.** Your body likes consistency and by creating a regular, relaxing, stress-reducing routine each night, your brain and body will come to anticipate bedtime.

5. **Go to bed at roughly the same time each night (even on weekends!).** This will help strengthen your sleep/wake cycle.

6. **Keep your bedroom (and yourself!) cool.** Sleep in and on natural fiber materials that can wick away sweat and help regulate your temperature. Natural cotton and bamboo PJs are great to sleep in and consider using sheets made from pima or supima cotton, percale, Egyptian cotton, bamboo and linen, silk or jersey.

7. **Keep your bed reserved for sleep and sex only.** When you start pairing more stimulating activities in your bed (eg. watching TV, doing work), your brain starts to associate bed with wakefulness and it may become more difficult to switch your mind off when you want to go to sleep.

*These are general sleep hygiene tips to follow but there is no 'one-size fits all' solution for sleep! If you are experiencing challenges with your sleep or daytime energy levels, book a FREE discovery call to find out more about what sleep coaching can do for you.