

## A GUIDE TO SLEEP HYGIENE

# Sleep Stealers and How to Take Back Your Sleep

## PREPARE YOUR SLEEP OASIS

Don't know how? We got you...

1. Declutter your bedroom and update your mattress every few years
2. Set your room temperature for sleeping from 60–71.6°F. During the sleep–wake cycle our core body temperature decreases, lowering the temperature of the room will help this process.
3. Remove any noisy technology and block outside noises with a fan or soothing white noise machine.
4. Turn off the light or have dim lighting while preparing for bed. Avoid night lights and other sources of light while sleeping. Darkness produces melatonin production, the hormone in charge of inducing feelings of relaxation and sleepiness.

## PRE-BEDTIME

1. Decide on a set bedtime and begin your bedtime routine every night between 30–2 hours before bed.
2. Say goodbye to cellphones, tablets, computers, and television at the beginning of your bedtime. Believe it or not, Tik Tok will not make you sleepy.
3. Grab a light snack or caffeine-free tea. Light snacks such as yogurt or fruits (cherries, grapes, strawberries, and oats have high melatonin content), help alleviate hunger avoid an upset stomach.
4. Practice some meditation, stretch, practice breathing exercises to let go of physical and mental tension
5. Take a warm bath ~1hr before going to sleep

### Is it true that exercise does not aid a good night's sleep?

**MYTH:** Moderate aerobic exercise increases the amount of slow-wave sleep you get at night. However, late-night exercises can lead to a poor night of sleep. Endorphins are released when exercising, this chemical creates a level of activity that leads your brain to think it is awake. Therefore, individuals should exercise at least 1–2 hours before going to bed to give the brain time to wind down.

### Relaxation techniques that improve sleep:

- Read a good book but avoid genres such as action or suspense
- Write down a to-do list or journal
- Relax with your favorite scents of aromatherapy

### Common Sleep Suppressors:

- Electronic devices (phones, computers, televisions, and tablets) emit strong blue light. Blue light is a common sleep stealer since it suppresses melatonin production and makes your brain think it is daytime.
- Caffeine inhibits adenosine, a hormone that rises throughout the day to reach sleepiness at night.

### Foods to eat to get sleepy

#### Kiwi:

Kiwi has been found to improve sleep, researchers believe that this effect could be due to their antioxidant properties, ability to address folate deficiencies, and concentration of serotonin.

#### Tart Cherries and Tart Cherry Juice:

Tart cherries have been found to promote healthy sleep due to above-average concentrations of melatonin and antioxidant effects.

### Meditation techniques:

- Deep Breathing Exercises
- Progressive Muscle Relaxation
- Daily yoga routine
- Meditation Apps (Calm App, Headspace, Simple Habit, etc.)

## References

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