TAKE BACK YOUR SLEEP

3 EASY STEPS TO A BETTER NIGHTS SLEEP

Step 1: Assess your sleep location

Have the Temperature of Your Sleep Location Between 60-67 Degrees
- Studies have shown that having your room too cold or too hot can disrupt your cycles of internal temperature regulation which are important when we sleep.
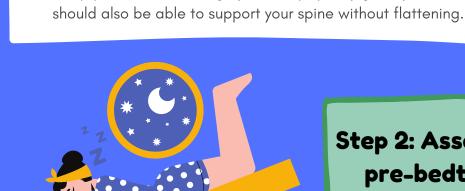
Adding Houseplants to Your Sleeping Location
- Houseplants can help with filtering the air and caring for them can have relaxing effects, which can lower blood pressure and essentially prevent anxiety

Having Soft-Colored Walls
- Some soft pastel colors can have calming effects and benefit sleep due to societal perceptions of certain colors like blue and green.

Having a Comfortable Mattress and Pillows
- Having a mattress that matches your body weight and preferred sleep position can change your sleep quality greatly. Pillows should also be able to support your spine without flattening.

Step 2: Assess daytime and pre-bedtime activities

Stay Off All Electronics at Least an Hour Before Sleep
- The blue light we receive from electronics can affect our sleep-wake cycle due to how it can mimic sunlight and make it harder to fall asleep at night.

Avoid Eating Late at Night
- Late-night snacking, though enjoyable, can disrupt your circadian rhythm and can enhance sleep disorders like sleep apnea. Certain foods late at night could also lead to nightmares!

Avoid Stimulants like Caffeine and Tobacco
- Caffeine at any level can make it hard to fall asleep and reduce sleep quality. Your last form of caffeine should be 6 hours before bedtime. Tobacco has similar effects, causing daytime sleepiness and can increase the chance of sleep-related respiratory disorders.

Avoid Napping After 2PM
- Though napping has its benefits, napping after 2pm can result in experiencing more slow-wave sleep. This can make it a lot harder to fall asleep at night and disrupt your natural circadian rhythm.

Step 3: Assess outside factors

Try Reducing Stress by Journaling or Meditating Before Bed
- Taking stress into the bedroom can lead to poor sleep quality or even sleepless nights. Stress can cause a high heart rate and blood pressure, faster breathing, and increased stress hormones. Relaxation techniques can help reduce the effects of stress and make for a better nights sleep!

Set Your Alarm Around the Same Time Every Day
- Having a poor sleep schedule can throw off your circadian rhythm and make it hard for you to fall asleep at night. Having consistent sleep and wake times can help you fall asleep faster.

Using Melatonin Supplements to Help with Sleep Disorders and Jet Lag
- If you experience sleep disorders like sleep apnea, anxiety, delayed sleep phase syndrome, etc., or you are traveling and have jet lag, melatonin supplements can help you to fall asleep faster and stay asleep. Make sure to use properly and safely, taking 1-3 mg before bedtime.

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