

HOW TO SLEEP Like a Baby



01 THE BEDROOM

- Layers of bedding for temperature adjustment
- 60-67 F is ideal
- Consider a mattress topper
- Keep it dark

02 NOISY ENVIRONMENT?

Try white noise! Rain, static, wind sounds or an electric fan can help block out sleep-disrupters.



**NO CELL PHONE USE
BEYOND THIS POINT**

03 TROUBLE WINDING DOWN?

- Kick bedtime blue light to the curb! Power off electronics at least an hour before bed.
- Try diffusing lavender essential oil

Keep a regular bedtime routine! Meditation, reading, whatever gets you feeling zen.



04

AVOID BEFORE BED.....

Large meals, drinking lots of water/other beverages, caffeine, and alcohol!



05 HOW TO REGLATE SLEEP SCHEDULE?

Try to set your alarm for roughly the same time every day and go to bed around the same time. Keep naps to earlier in the day, 30 minutes at most!

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WANT TO LEARN MORE ABOUT HOW TO SLEEP YOUR BEST?

Deshong, A. (2021, December 8). Sleep hygiene. Sleep.org. Retrieved March 1, 2022, from <https://www.sleep.org/sleep-hygiene/>

Okoye, A. (2021, December 8). Sleep environment. Sleep.org. Retrieved March 1, 2022, from <https://www.sleep.org/sleep-environment/>

