

TAKE BACK YOUR SLEEP

How has your sleep has been slipping away?

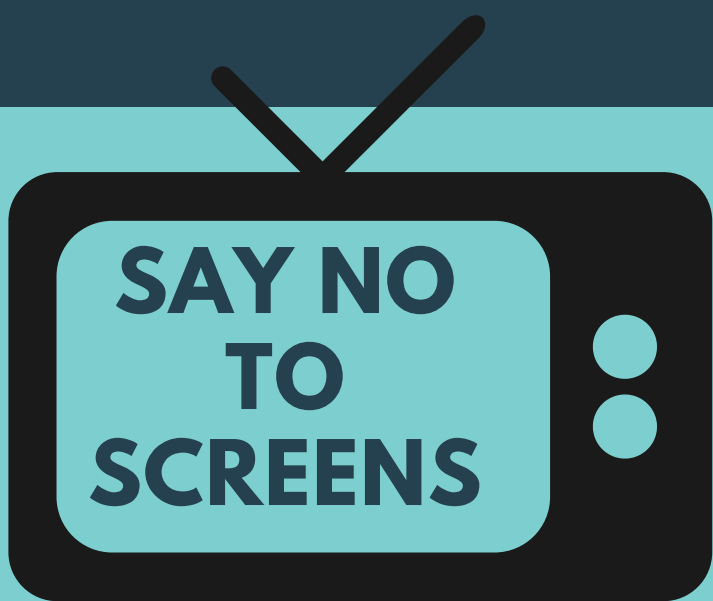


PICK YOUR ULTIMATE SLEEPING ENVIRONMENT

Do's and Don'ts of Sleeping Environments

Do: Have dark blinds to keep out light, set temp cooler at night, buy a comfy bed and pillows

Don't: Sleep with bright lights, turn the temp up before bed, have an uncomfy mattress



Settle down before bed

- screen time before bed makes you have a longer sleep latency
- keep the tv out of the bedroom, this is a place to sleep
- reduce bluelight exposure

EXERCISE AND DIET

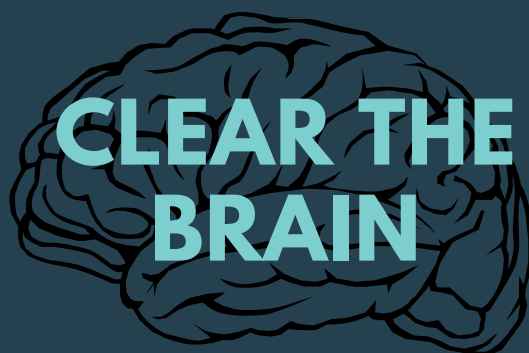
Fuel the body and soul

- stay clear from caffeine 6 hours before bed to avoid disruptive sleep
- eat foods high in tryptophan e.g. greens, chicken, dairy, pineapple, kiwi, banana
- exercise in the morning allows for a better night's sleep
- moderate exercise > vigorous exercise

REGULAR ROUTINES ROCK!!

Repetition is key to success

- wake up earlier to fix circadian rhythm and be ready to sleep at night
- keep a constant temperature of 60-67 degrees when sleeping
- keep your alarm clock consistent
- make your bedtime routine a daily thing (your routine, your order)



Easier Said Than Done

- schedule stressful activities earlier in the day
- separate day and night
- keep work and sleep separate
- take this time to read your favorite book