

# TIPS & TRICKS

## for better sleep

1

### GET UP AT THE SAME TIME

Try to get up at the same time every day and keep your sleep schedule as regular as possible.

2

### SET THE TEMP TO 60-68

Our bodies must cool down for good sleep, so it is important to keep our nighttime room temp between this ideal range.

3

### NO COLD FEET

Cold feet can interfere with the ability to fall asleep. Wear socks or use a hot water bottle to keep feet warm and comfortable.

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### SET A CAFFEINE CURFEW

For optimal sleep, stop caffeine consumption 8 hours before bed time. Remember that a variety of foods and beverages contain caffeine like coffee drinks, tea, soda, chocolate, and pre-workout supplements.

5

### GET OUTSIDE

Our internal clocks are regulated by light exposure. Getting a dose of early daylight can help normalize your circadian rhythm.

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### REMOVE BLUE LIGHT

Move electronics away from your bed and limit all light in your bedroom. This light can interfere with your circadian rhythm making it a challenge to fall asleep.

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### CREATE A NIGHTTIME ROUTINE

Create mental triggers before bedtime. Examples could include a warm shower, reading, a light snack, or journaling.

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EXTENSION

**SLEEPLESS**  
in AMERICA

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### **WEAR LOOSE CLOTHING**

Wear non-restrictive clothing to bed. Anything that tangles around you, pushes on your bladder, or creates too much heat must go!

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### **DO NOT DISTURB**

You can set your cell phone to ring only for selected calls in the "Do Not Disturb" setting. Alarms will still work and you will sleep undisturbed.

10

### **FOCUS ON SLEEP POSITION**

The best position for optimal sleep is on your back, spine aligned, arms and legs not bent - unless you have sleep apnea. 2nd best is on your left side followed by the right. Avoid belly sleeping!

11

### **TALK TO YOUR DOCTOR**

Sometimes certain medicines need to be taken at specific times during the day to not interfere with sleep. Talk to your doctor if you are taking any medications that could be keeping you up at night.

12

### **LIMIT ALCOHOL CONSUMPTION**

Alcohol can induce drowsiness, which can lead to falling asleep easier. But alcohol affects the brain, causing it to inhibit sleep quality. Try not to consume alcohol at least 2 hours before bedtime.

13

### **FIND THE TIME TO MOVE**

Daily exercise has across the board benefits including promoting solid sleep. But try to avoid intense exercise right before sleep.

14

### **KICK PETS OUT OF BED**

Kick pets, kids, and snoring partners out of bed. All of the above can lead to disrupted sleep throughout the night.

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### **SLEEP & SEX ONLY**

Use your bedroom for sleep and sex only. By doing this, you will create a strong mental link between your bed and sleep.

16

### **PROCESS YOUR DAY WITH JOURNALING**

Replaying the day's events in your mind, can make it challenging to fall asleep. Try journaling before bed to help clear your head before bed.

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### **DON'T STEW IN BED**

If you are unable to fall asleep in 20 minutes, get up and do something relaxing in low light before trying your bedtime routine again.



# 18

## KEEP NAPS BETWEEN 20-30 MIN & BEFORE 2PM

Naps are great, but we want to keep naps between 20-30min. This will ensure that you don't fall into deep or REM sleep. Waking in the middle of a deep sleep cycle can cause feelings of malaise and extreme tiredness.

# 19

## DIM THE LIGHTS

Low light increases our bodies' natural production of melatonin. Begin to dim the lights after school or work in your home, this will help you fall asleep faster.

# 20

## USE A HEAVY BLANKET

Using a heavy blanket has similar effects to swaddling a baby. This "deep touch therapy" promotes sleep and relieves anxiety.

# NOTES

Lined area for taking notes.

## THANK YOU PARTICIPATING IN



WE HOPE YOU SLEEP WELL TONIGHT!