



Tips for Better Sleep

1. Avoid alcohol, heavy/spicy meals, nicotine, and caffeine close to bedtime.
2. Avoid vigorous exercise close to bedtime.
3. Shut off tablets, devices, screens at least 1 hour before bedtime. The blue light emitted from screens tricks our brain to think we should be awake so it makes less melatonin and therefore makes you more awake. Consider charging and parking your device in another room.
4. Develop a pleasant wind down routine (consider gentle stretching, reading, meditation, hot non-caffeinated, non-alcoholic drink).
5. If you can't sleep after 20 minutes, get up out of bed and go somewhere quiet and do some kind of relaxing activity. When sleepy, head back to bed. You want to break the association of laying in bed and not sleeping.
6. Use bright sunlight to regulate your circadian rhythms.
7. Reserve your bed for only sleep and the other s-word (Hint: It is not studying. ☺).
8. Make your bed and room as comfortable as possible. (bedding, mattress, light, temperature and quiet). White noise or something similar can help with distracting noises.
9. Incorporate exercise in your day to regulate your energy and mood.
10. Have a notepad by your bed to jot down ideas or worries that keep you up and revisit them later.
11. Try to go to sleep and wake up at the same times every day. Take power naps 20-30 minutes. Longer can disrupt your sleep cycle.
12. Consult a health provider to rule out any medical conditions interfering with sleep (e.g. sleep apnea and more).

For more information on sleep, please contact me at drkerryluke@gmail.com or visit bodyappreciationandself-kindness.com. Kindly, Kerry