



SLEEP TIPS



1. MINIMIZE OR AVOID STIMULANTS



A AVOID ALCOHOL WITHIN 3 HOURS OF BEDTIME

B AVOID CAFFEINATED BEVERAGES OR FOODS AFTER 12 NOON

C AVOID INTENSE AEROBIC ACTIVITY AT LEAST 3 HOURS BEFORE BED

3. HAVE A BEDTIME ROUTINE



A FINISH ALL EATING THREE HOURS BEFORE BED

B BEGIN YOUR BEDTIME RITUAL 30 MINUTES BEFORE BED

C TAKE AN EPSOM SALT BATH

D USE LAVENDER ESSENTIAL OIL

E GO TO BED AND WAKE UP AT THE SAME TIME EVERY DAY

F PLAN FOR 8-9 HOURS IN BED

G AVOID OVERHEAD LIGHTS IN THE EVENING. USE LAMPS ON LOW TABLES WITH INCANDESCENT BULBS

H TRY A SLEEP PROMOTING TEA WITH LEMON BALM OR PASSION FLOWER

I TRY TO GET TO BED BEFORE 10 PM. DEEP SLEEP OCCURS FROM 10 PM TO 2 AM

2. AVOID STIMULATING ACTIVITIES BEFORE BED



A AVOID WATCHING THE NEWS OR PAYING BILLS RIGHT BEFORE BED

B AVOID READING EXCITING OR STIMULATING MATERIAL

C WRITE IN A JOURNAL ANY FRUSTRATING OR DISTURBING THOUGHTS - BRAIN DUMP TO CLEAR YOUR MIND

D TRY A YOGA OR BREATHING CD OR DVD TO HELP RELAXATION

E AVOID HAVING A TV IN THE BEDROOM

F CONSIDER READING FROM A BOOK RATHER THAN A KINDLE IN THE EVENING



SLEEP TIPS



4. MAKE YOUR BEDROOM A COOL, DARK CAVE



A USE BLACKOUT SHADES OR A SLEEP MASK

B USE A WHITE NOISE MACHINE OR FAN

C KEEP YOUR BEDROOM COOL

D REMOVE APPLIANCES THAT GIVE OFF LIGHT

5. IF YOU CAN'T FALL ASLEEP OR STAY ASLEEP



A DO NOT STAY IN BED LONGER THAN 20-30 MINUTES IF YOU ARE UNABLE TO FALL ASLEEP

B LEAVE YOUR BEDROOM AND SIT IN A ROOM WITH SOFT LIGHTING. READ OR MEDITATE. DON'T WATCH TV

C IF YOU AWAKENED EARLY DUE TO RECURRENT THOUGHTS, TRY JOURNALING. IF THAT DOES NOT HELP, CONSIDER COUNSELING

6. ADDITIONAL TIPS



A TRY TO GET 15-20 MINUTES OF DIRECT SUNSHINE EARLY IN THE MORNING - THIS HELPS WITH MELATONIN PRODUCTION

B TAKE VITAMIN D IN THE MORNING RATHER THAN EVENING

C CONSIDER A SLEEP STUDY IF ISSUES CONTINUE, ESPECIALLY IF PARTNER NOTES SNORING OR IF DAYTIME FATIGUE IS AN ISSUE

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8:00 a.m. - 4:30 p.m.
Monday - Friday

References: The Institute for Functional Medicine



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