

10 STEPS TO BETTER SLEEP



Nightly Routine

Improve your nightly sleep quality by enhancing your evening routine with changing your environment at least 1 hour before bed. Ensure your room is de-cluttered and that the environment is conducive to relaxing. Dim lights 30-60 minutes prior to bed, and put your phone away at least 30 minutes prior to sleeping. Aim to sleep with the phone outside of the room. Sound frequencies and machines can aid to improve sleep quality, and using scent like lavender (candles/essence) can help to calm the mind before bed.

Ditch the screens

The key to a good night's sleep is not scrolling through your IG til the moment you close your eyes. All blue lights and screens should be off, one hour prior to sleep. Blue light disrupts circadian rhythms and sleep. Studies show it is detrimental to unconscious mind and affects overall quality and quantity of sleep. Same goes with waking up. Wake up to an old school alarm so you can spend the morning in a state that isn't driven by a sudden increase in cortisol (stress hormone) from notifications, emails and so on. You're in bed - it's your time to not be thinking about work!

Darkness!

Seek complete darkness and silence. Darkness mimics ancestral circadian rhythms. Consider black out shades! Light is shown to disrupt patterns. Remove phones, laptops, TVs, anything flashing etc.

No afternoon caffeine

Caffeine has a half life. Lots of people have a "jolt" for half an hour and then it reduces. How long it comes down depends on the person. Across the board, the average, lasts for 4-6 hours. That's half of the effect!

Room temperature

Set room temperature to 62-68 degrees F or 16-20C. Multiple studies suggest this the optimal temperature for sleep quality.

