

GET BETTER SLEEP



1 Stick to a Schedule

Set a bedtime and stick to it. Use an alarm as a reminder. Avoid sleeping in more than an hour, even on days off.

3 Create a Sleep Haven

Sleep in an area that's quiet, comfortable, dark (all light sources can and do disrupt quality sleep), and neither too hot nor too cold. Wear ear plugs and an eye mask if needed and use a fan, white noise maker, or air purifier.

5 Bed Means Sleep

Use your bed only for sleep. If your body and mind learn to associate your bed mainly with sleep, you'll start to feel tired as soon as you lie down. Using your phone, watching TV, or doing other waking activities in bed can have the opposite effect, causing you to become more alert.

7 Unwind Before Bed

Develop a wind-down routine and allocate time for it each night, such as drinking a cup of tea, taking a warm bath, reading a book, listening to music, or watching a show.

9 Unwind Before Bed

Once you lie down to go to sleep, consider using a mental calming or deep breathing ritual, such as the "4-7-8 Breathing Method" to calm your brain. This method can be used to kill stress and calm your body and brain any time of the day! How to:

1. Breathe in through your nose for a count of 4 seconds.
2. Hold your breath for 7 seconds.
3. Exhale for 8 seconds, making a "whoosh" sound through pursed lips.
4. Repeat up to 4 times

2 Limit Late Liquids

Avoid all liquids and stimulants 4-5 hours before going to sleep to avoid mid-sleep bathroom runs. Ideally, stop consuming caffeine, alcohol, and nicotine after around 4 pm.

4 Find Your Position

Determine your best sleep position (i.e., on your side, back, or stomach). Use a pillow and mattress that's suitable for how your body sleeps best or sleep with a pillow between or under your legs to help elevate and separate them.

6 Ditch Bedroom Devices

Avoid having any electronics in your bedroom, especially near your head when sleeping. Including a TV or mobiles. If you must have a mobile device in your bedroom, move it away from your head and during your sleep hours, silence it, or set it to vibrate only.

8 Take a Power Nap

When tired during the day, take a 20-minute power nap.



10 Unwind Before Bed

Avoid trying to force yourself to sleep. If you haven't fallen asleep after 20 minutes:

- Write down your thoughts which will purge them from your synapses.
- Get up and do something calming, read a book, draw, etc.
- Avoid screens, or anything else that's stimulating and could lead to becoming more awake.