

Sleep Hygiene

- Set a schedule
 - Establish a regular sleep schedule every day of the week. Don't sleep in more than an hour, even on your days off.
 - Try to go to sleep before 10pm. After 10pm the adrenals step up and release adrenaline to help keep us awake out of a survival response.
- Don't force yourself to sleep
 - If you find yourself tossing and turning, take a moment to journal your thoughts or to do list, then use a mantra such as "all I have to do right now is sleep" and trust that the act of lying in bed with your eyes closed is restorative, even if sleep isn't happening.
- Avoid screens at least 2 hours before bed
 - Computer, TV, and phone screens stimulate our brains and keep us from sleep. They often add to our anxiety and stress as well and don't allow us the space we need to calm and begin to shut down for the day.
- Avoid caffeine, alcohol, and nicotine
 - Consuming caffeine, alcohol, and nicotine can affect your ability to fall asleep and the quality of your sleep, even if they're used earlier in the day. Remember, caffeine can stay in your body for up to 12 hours, and even decaf coffee has some caffeine. Instead, choose an herbal tea or smoothie such as:
 - Lemon Balm tea – steep in hot water and add honey for additional flavor – sip before bed.
 - Mango Smoothie – 1 cup of water, 1 cup of frozen mangoes, 1-2 bananas – blend and drink before bed.
- Exercise and eat well
 - A healthy diet and exercise can lead to better sleep. Eating consistent, small meals throughout the day can help reduce adrenal fatigue and balance blood sugars, keeping you out of the hunger cycle that often affects sleep.
 - Avoid strenuous exercise and big meals at least 2 hours before going to bed.
 - Consider supplements such as:
 - Melatonin - helps reduce the time it takes to fall asleep, improve sleep experience and duration.
 - Magnesium Glycinate - helps calm and relax the mind.
- Sleep in a comfortable environment
 - It's important to sleep in an area that's adequately quiet, comfortable, cool and dark. Try using an eye mask, ear plugs, fans, or white noise if necessary.