
Tips for Better Sleep

Environment

- Use low wattage, incandescent lights in the bedroom. These should be less than 2500 Kelvin on the color temperature scale (warm white as opposed to cool light or daylight), Avoid blue, LED, fluorescent, or halogen lighting
 - Try not to turn the light on if you must get up in the night, or use low wattage, motion-activated night lights
 - Take note of any device LEDs, such as ones on fans, chargers, etc. Cover these as needed.
 - Avoid alarm clocks that always have the display on
- Take the TV out of the bedroom, or avoid using it
- Make the sleep environment dark, quiet, and cool
 - White noise, fans, and calming music can help
 - Use items like blackout curtains and sleeping masks as needed
- Bedding
 - Invest in quality bedding made with natural fibers: cotton, silk, real linen, etc.
 - Change mattresses and pillows at recommended times

Routine/ Pre-Sleep

- Maintain a consistent sleep/wake schedule
 - Naps included*
- Start pre-sleep routine 1-2 hours before bed
- Stop working or doing stimulating activities
- Avoid technology: No TV, phone on silent and placed face down, lights covered on fans/humidifiers/air filters/etc.
 - No screens 1-2 hours prior to bed
 - If you must work using technology, turn down the brightness, and use an app to reduce blue wavelength exposure (e.g. flux, Night Shift on iPhones, etc.)
- Try not to exercise before bed
- Try practicing meditation, deep breathing, mindfulness, and other calming techniques
- Listen to calming music

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- Take a shower or bath
 - Use socks or a heating pad for cold feet
 - Practice Cognitive Behavioral Therapy techniques for insomnia (CBTI)
 - Discuss with behavioral health provider
 - Can't stop thinking about your to do list for tomorrow? Make a list so you won't forget and get it off your mind.
 - Drink caffeine-free hot tea (Sleepy time, chamomile, etc.), or warm milk
 - Try natural sleep aids: melatonin, chamomile, valerian root, etc.
 - Melatonin can be especially helpful for jetlag
 - Note: Long-term use of melatonin may alter your body's own production
 - Don't go to bed hungry or have a large meal prior to bed, especially if you have issues with reflux

Post-Sleep/Daytime/Napping

- Increase daytime exposure to sunlight. Ideally outdoors, open sky.
- Light therapy: florescent light, plant grow light, aquarium light, etc.
 - Use higher Kelvin lights during the day (~6500)
- Exercise/ be active during the day
- Power naps may be helpful if they are less than 30 minutes
 - Just 20 minutes is all you need to get the benefits of napping, such as improved alertness, enhanced performance, and a better mood. Naps of that length keep you in the lightest stage of non-REM sleep, making it easier for you to get up and go after your snooze session.
 - Napping for 30 to 60 minutes can make you feel groggy and more tired when you wake up (also known as sleep inertia)
 - Note that a full sleep cycle for adults is about 90 minutes, so if you need a longer nap, try to complete a full cycle so you can avoid the grogginess

General Health

- Limit daytime caffeinated beverages, and avoid nighttime caffeinated beverages entirely (i.e. coffee, energy drinks, pre-workout, etc.)
- Stay hydrated throughout the day (clear to pale yellow urine), but feel free to taper off at night to avoid excessive, nighttime urination
- Practice good dental hygiene
 - Poor dental care can cause an increase in inflammation in the body
 - Gum disease increases Alzheimer's risk 6-fold
- Lose weight if overweight or obese

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- If on nightshift, be active during breaks, and try to stay under high-Kelvin lighting
 - Avoid using alcohol for a sleep aid and try not to consume it less than 3 hours before bed. It can disrupt the stages of sleep, cause abrupt awakenings due to headache and dehydration, increase awakenings overall, swell mucous membranes, increase reflux, and cause throat muscles to become lax which can lead to snoring/ sleep apnea
 - If snoring, try not to sleep on your back
 - Try using a mouth guard for things such as snoring and bruxism (teeth grinding)
 - Talk to doctor about issues with sleep apnea: CPAP is typically 1st treatment
 - Magnesium & Calcium foods and/or supplementation may help sleep movement issues – PLMD (Periodic Limb Movement Disorder), Restless Leg
 - Use pharmaceutical Tx as last resort or temporary strategy. Discuss any sleep-related, medication questions with your provider