

Healthy Sleep Hygiene



- Exposure to sunlight and the blue light given off by electronics has a huge effect on our circadian rhythm as they both blunt the release of melatonin, our natural sleep hormone. Take steps to ensure that you are supporting a natural circadian rhythm:
 - Decrease light exposure in the evening; dim the lights in your house and turn off any non-essential lighting
 - At least an hour before bed, turn off all electronics and overhead lighting; if you must use electronics, download the app f.lux which helps to decrease the blue light emitted by your electronic devices
 - Ensure that your bedroom is dark as even moderate light exposure can interfere with melatonin production
 - Create a before sleep ritual during this hour: listen to music, take a warm bath, read a relaxing book, have a cup of caffeine-free tea, practice deep breathing
 - Get up and go to bed at the same time every day, even on weekends
 - As soon as you get up, get exposure to sunlight. Bright light will inhibit the release of melatonin and encourage the production of cortisol helping to reset your biological clock
- If you wake frequently throughout the night, try having a small protein-rich snack before bed or 1 tsp. honey to help stabilize your blood sugar.
- Ensure that your bed and bedroom are quiet and comfortable
- Stay away from caffeine, nicotine and alcohol for at least 4-6 hours before bed
- Only use your bed for sleeping; this ensures that when you go to bed, your body knows it is time to sleep
- If you can't fall asleep within 20 minutes, get up and do something relaxing until you feel sleepy and then try again; this helps to break the cycle of viewing your bed as the place where you struggle to get to sleep

Notes
