

Steps for Better Sleep

Sleep is important for countless reasons, primarily due to the detrimental health effects of poor sleep. Some of these effects can include mood changes, memory + concentration problems, weakened immunity, risk for high blood pressure, diabetes, heart disease, weight gain, low libido...the list goes on. Follow these simple steps throughout the day to attain + maintain quality sleep.

DAYTIME STEPS

- Limit caffeine intake to under 200mg
- Spend time in the sun, minimum of 20 minutes
- Move your body daily outside of normal activities
- Practice proactive stress management

EVENING STEPS

- Limit alcohol use/use earlier in the evening
- Dim lights as the sun begins to set
- Limit exposure to electronics or use blue light filtering glasses

BEDTIME STEPS

- Define a set bedtime and stick to it nightly
- Develop a consistent bedtime routine with non-stimulating activities to begin 1 hour before bedtime. Allow for a 7-9 hour sleep window.
- Set up your sleep environment: temperature 68 degrees, completely dark, white noise, heavy blankets
- The bed is for sleep + sex only

IMPLEMENTATION

When beginning something new, I always ask my patients to try for at least two weeks before assessing effectiveness. The same goes for sleep training. Come up with a plan that includes the above, discuss this with your sleep partner to see if anything could challenge this plan, and try it out!