

IMPROVING SLEEP QUALITY



Tips & practices for getting your best night's sleep



consistency

Practice makes perfect, even with sleep. Stick to a regularly consistent sleep schedule, include a consistent "go to bed" and wake time. Even on the weekends, practice this sleep schedule to keep your circadian rhythm optimally balanced.

establish a rhythm

The body operates on rhythms, and our daily rhythms keep them in balance. Create a nighttime routine that sets you up for optimal sleeping "rhythms". For example: shut off the television and computers two hours before bed and read, meditate, stretch or engage in other types of relaxation.



set the atmosphere

It is proven that blue light stimulates the brain and impairs sleep. Switch off smart devices in the hours before bed, and use low-light for reading. When sleeping, make the space as dark and cool as possible -- studies show that 60-68 degrees is the optimal ambient temperature for sleeping. Use comfortable, non-allergen blankets and pillows!



limit caffeine

It goes without saying, caffeine can keep you awake! It stimulates the central nervous system and adrenals, sending the body into "fight or flight" mode. This is absolutely something to avoid as you're nearing bedtime hours. A best practice is to have no caffeine in the afternoon and evening.



limit alcohol

A nightcap may help you fall to sleep, but it impacts sleep quality. It impairs the release of chemicals that effect circadian rhythm, decreases REM sleep and increases the frequency of urination; all of these created more times of "waking" than sleeping. It also relaxes all muscles, including throat and jaw muscles, making it more likely to snore or have apnea as you sleep.

