Tips to a better night’s sleep

A good night’s sleep allows the body to recover from stress, and critical incidents

A goodnights sleep is just as important as exercise and eating healthy, Research shows Poor sleep can affect brain function, hormones, mental aptitude, and cause weight gain. Both quantity and quality are important when it comes to your sleep.

Try to put a plan in place to maximize your chances for a good night’s sleep.

1. Listen to calming music before bed
2. Have white noise playing in the background
3. Track your sleep, what’s worked and what didn’t
4. Avoid all caffeine after 3pm
5. Try decreasing the amount of caffeine intake through out the day
6. Decrease stimulants including sugars
7. Don’t count sheep, counting is stimulating
8. Exercise in the afternoon or early evening, not right before bed. One study showed exercise nearly halved the time it took to fall asleep and provided 41 more minutes of sleep. And can offer more benefits than drugs. Exercise reduced time to fall asleep by 55%, total night wakefulness by 30%.
9. Talk about your day with your spouse at night (a way to wind down)
10. Keep a sleep habit before bed
11. Avoid all tech the last 1hr before bed at least. Tech emits light pulses at extremely high rates which stimulates the optic nerve and decreases serotonin release, affecting your sleep
12. Use your bed for sleep, not lounging or watching tv in
13. Keep your room free from clutter
14. Use black out blinds if its bright outside
15. Avoid smocking for 2-3hrs before bed. Smocking is a stimulant
16. Keep your room a bit cooler, 65-68Deg F
17. Layout your clothes/work/lunch before bed. Less to think of.
18. Practice meditation, try a guided meditation app
19. Try relaxation exercises
20. Avoid large meals or eating for 2-3hrs before bed
21. Tell your Dr about persistent sleep problems, they can suggest a sleep study
22. If you have Sleep Apnea and are prescribed a CPAP machine, use it
23. Wear earplugs if you need them for a loud partner
24. If you have nightmares or dreams, try controlling the ending
25. If you wake in the middle of the night and can’t get back to sleep for 30min, try getting up and doing something soothing (no tech)
26. Increase bright light exposure during the day. If its dark outside and cold, try going to a large sore or mall to walk laps
27. Avoid Blue light emitted from tech
28. Naps less than 30min can increase mental performance by up to 30%, 20min is ideal for most
29. Try to keep a regular sleep schedule. If you watch the Late Late show you’re probably going to bed too late for most people
30. Speak to a pharmacist/Naturopath about using Melatonin and other supplements
31. Take a relaxing bath or shower. Studies have shown a hot bath 90min before bed improved quantity and quality of sleep
32. Is it time for a new mattress or pillow? Studies show it can reduce back stiffness by 59%, Back pain by 57%, Shoulder pain by 60%. It’s recommended to upgrade bedding every 58yrs
33. Try a pillow between your legs or against your chest for better posture and less back pain sleeping
34. Try to keep your body in neutral position when sleeping, neck straight not tilted up on too many pillows
35. Keep your pet off the bed, they toss and turn and can reduce your sleep, no matter how good it feels to snuggle
36. Know when to see your doctor. Reduced sleep can be from several medical conditions like acid reflux, arthritis, asthma, depression, etc.