

Strategies for Healthy Living

Better Sleep

- When you wake up, eat within 30 minutes and get 5-min exposure to bright light (sunlight when possible)
- Create a 30-min bedtime routine (no screens, low lighting, calming activity such as reading or listening to music)
- Don't have caffeine, alcohol, or heavy meals before bedtime
- Avoid social media engagement before you go to bed
- Keep naps to no longer than 20 min. Consider trying the Power Nap app which will wake you up before falling into a deep sleep. If you are significantly lacking sleep, plan for 90 minutes to give your body the opportunity to complete a sleep cycle (the Power Nap app will do this for you as well)
- Exercise daily (shorter more often is better than longer infrequently)
- Only use the bed for sleeping and sex (i.e., don't work or be on your phone in bed)
- Wear an eye mask while in bed to block all light, and do not turn on lights if you get up to go to the bathroom
- Try the Sleep Cycle app to help you wake up in the morning during a lighter sleep stage
- Have children sleep in their own bed so that their movement doesn't disrupt sleep
- Listen to a sleep meditation while in bed to help you fall asleep
- Try CBT-I therapy with a licensed professional
- Make an appointment with a sleep professional to determine if there is something more that needs to be addressed

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