SLEEP ROUTINE

Nothing improves health and performance like a
GOOD NIGHT'S SLEEP

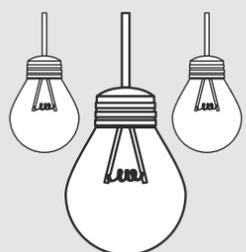## Follow these steps consistently for better sleep and recovery

1 BRAIN DUMP

Your brain cant set the tone to relax your body if it is filled with stuff. Take 5 minutes each evening and write down all your to do's, worries, concerns...get them on paper and out of your head

Be more mindful... not mind full.

2 LIGHTS SET THE MOOD

Around an hour before bedtime dim all the lights in your house, use lamps with low warm lighting or use candles. If your eyes take in too much light it stimulates your brain to stay awake. Darkness triggers rest.

Thomas Edison didn't realize the negative impact of his invention.

3 SHUT IT DOWN

Phones & tablets in the bedroom are harmful to sleep. The blue lights they emit are stimulating to the brain, and the stress or stimulation you are getting from whatever you are doing on the device takes you further away from rest. Shut it down an hour before the ZZZs start.

Buy an alarm clock and leave the phone in the kitchen

4 HOT SHOWER/BATH

Taking a hot shower, hot bath, or sauna 30 minutes before bedtime will promote sleep. As you cool off from the warming experience your internal body temperature drops mimicking normal circadian rhythm. Pointing you in the direction of sleep!

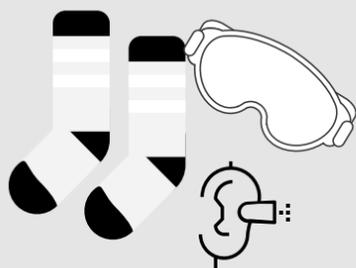*Plus, being squeaky clean can't hurt either.*

5 EASY READING

Use a book to occupy the time when you start to rest until you fall asleep. A good, old-fashioned paper book. Do not use a tablet or e-reader (see above). Read something with low stress & low cognitive load...something happy and borring.

No homework, no politics, no stress.

6 MASK, PLUGS, SOCKS

These sleep aides really work if needed. If you can not shut out all the light in your bedroom use an eye mask. If you live in a noisy home use ear plugs (sleep approved plugs). Socks can also help you keep your internal core cool which is best for sleeping.

Hey, its your bedroom you can look as quirky as you want.