

7 WAYS TO CREATE A HEALTHY SLEEP ROUTINE



KEEP A REGULAR SLEEP ROUTINE

Going to bed and waking up at the same time every day keeps our circadian rhythms in line and helps our bodies produce essential proteins – even on weekends.



GET 15MIN OF SUN IN THE A.M.

15 minutes of sun helps “turn off” melatonin production in your brain. Take a quick morning walk!



GET YOUR DAILY EXERCISE

Regular exercise is great for helping you get to sleep at night and your overall health and wellbeing. But, try not to exercise too close to bedtime if you can help it.



AVOID CAFFEINE & ALCOHOL

Stop drinking caffeine eight hours before bedtime and alcohol within three hours before bedtime.



MAKE SURE THE ROOM IS AT A COMFORTABLE TEMPERATURE

Between 65 and 75 degrees is the optimum temperature for sleeping.



PUT DOWN YOUR DEVICE

Turn off screens an hour before bed - blue light from devices can inhibit melatonin production.



DEDICATE TIME FOR WINDING DOWN

Spend the last hour of your evening clearing out the clutter of the day. Spend 20 minutes on “unfinished business,” 20 minutes relaxing (think meditation, journaling), and 20 minutes on self-care and hygiene.

