

Sleep Hygiene

Bedroom

- No overhead lights after 7pm. Use dim or amber bedside lamps.
- Can throw a soft fabric over lamp if globe is too strong.
- Eliminate outside light – keep room as dark as possible.
- Turn alarm clock on its face or on the floor and covered.
- Cover light emitting switches with Blue Tack or black electric tape.
- No phone or tablets in the bedroom. Turn on airplane mode if using phone as alarm.
- If reading (fiction preferred) on tablet, wear blue block glasses.
- Keep bedroom cool. Overhead fan help to circulate air
- Sleep cool, light or no PJ's. Don't wear socks – it will increase body temperature.
- Ear plugs can be useful. Mack's Snore Mufflers or Mack's Snoozers. Reduce size to fit.
- **Keep notepad and pen next to bed and write down things to do for the next day.**

Bathroom

- No overhead lights after 7pm.
- Use night lights – adjust brightness with red/ amber cellophane.
- Candles can be used. Be careful of fire hazard.
- Shower at least 60 minutes before bedtime. This allows for enough time for body to cool down.

Circadian clock training

- Get up at the same time every day
- Go to sleep at the same time every day.
- Keep mealtimes the same time every day.
- After waking, go outside and get direct sunlight on your face for >5 minutes.
- Be outside at dusk for >5 minutes

Stress management

- Exercise every day.
- Meditation or Breath work
- Heat and Cold exposure: daily cold shower
- Reading or television if not stimulating
- Board games or colouring in
- Hobbies / crafts

Supplements

- Theanine
- Magnesium L-threonate/ bisglycinate
- Phosphatidylserine
- Apigenin

Food and drink

- No caffeine after 2pm: coffee, black or green tea, chocolate
- Finish dinner at least 2 hours before bedtime.
- Eating a smaller meal at dinner.
- Walk for 10-30 minutes after dinner to help digestion and glucose control
- Limit alcohol. Alcohol will induce a stimulating effect after 4 hours, reducing sleep quality.
- Get most of your protein during the day so that you can have a smaller portion at dinner. Protein digestion increases body temperature.
- Eat carbohydrates with dinner ~30-100g. The tryptophan content help increase sleep quality.
- Chamomile tea (+ optional honey) 30 minutes before bed. Steep tea for at least 15 minutes