

“If you are not sleeping well, you are not living well!”

Move Every Day

Our bodies were not designed to sit for hours at a time, so take 5-minute breaks, or use your lunch to walk outside for 15 minutes. If you can give your body these little breaks it will reward you by sleeping better.

Try to move your body for 30 minutes each day. If you can't take a 30-minute break then try to take 3-10 minute breaks. Park a bit further away than normal, try biking to buy milk instead of driving, go for a walk after dinner, or even just vacuuming the house can be enough to get your blood pumping. Remember that your body just needs to move.

Use Your Bed for Sleep Only

No TV, no phones, no work, no pets, nothing but you and your bed (and your partner of course). It is proven we sleep better with no distractions; once you show your brain that your bed is for sleep only it will stop associating other activities to your bed, which will result in better sleep.

Remove the TV Bonus: it is proven that couples without a TV in their room share more intimate time together ;)

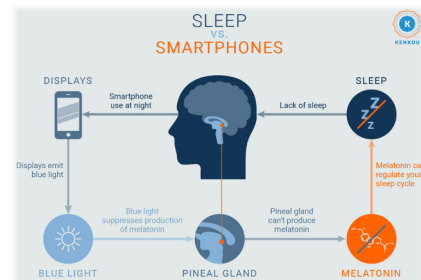
Please your brain and try to keep your room clutter free; put the laundry away, remove any paperwork, and sweep the floor because even if you don't consciously hate it, your subconscious does and a cluttered mind has a hard time sleeping.

Limit Your Blue Light Exposure

Do you spend most of the day looking at a computer screen, only to go home and check your phone, and then turn on the TV? You are not alone, many people spend their day surrounded by blue light, and unfortunately, it directly affects our sleep!

Melatonin is the sleep hormone; we need it to be able to sleep. Blue light impedes the production of melatonin, which, interferes with your body's natural circadian rhythm, see here:

Try to limit your exposure for the hour before you go to bed. Turn off your TV and read a book, have a bath, meditate, call a friend, or use blue blocking devices if necessary. The less you're exposed to the better you will sleep!



Source (Sleep vs. Smartphone)
<https://mouthtoears.com/blue-light-and-sleep/>



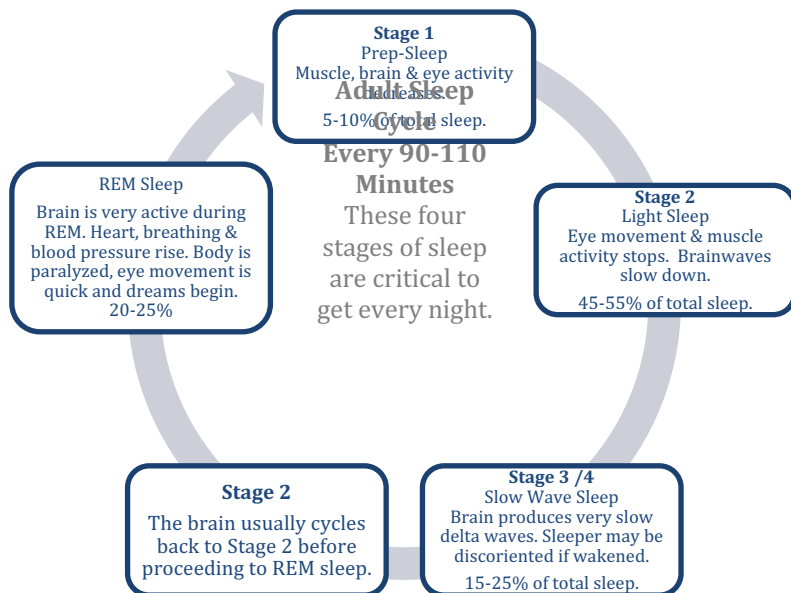
Get Outside

One of the best ways to anchor our circadian rhythm is to get outside for some noontime sun. Since the sun is the strongest at that time it helps our body to distinguish when is daytime and when is nighttime, and guess what, when your body knows that, you will sleep better!

If you need help getting your body clock on track then get outside for some fresh air around lunchtime, heck, you might as well get some movement in at the same time and it's a win, win! Also, track your sleep to see what your body likes best and then respect that timing.

Respect Your Sleep

I know it seems like a no-brainer, but, your body was designed to sleep so, if you are experiencing night wake-ups or trouble falling asleep there is a good chance it is because of something you are doing, or not doing, during the day which has an impact on your body's ability to sleep. If you respect your sleep by going to bed at the same time each night and following my tips above you will see that your body will repay you with a good night's sleep.



Implement one of these changes and stick to it for 5-7 days. Don't give up as it takes time to undo habits and once your body gets back on track your sleep will come easy again, I promise!

Curious about your sleep cycles, read the chart for information on an Adult Sleep Cycle.

If you have read this and feel that you could benefit from a custom approach then please know that is my speciality! I will pinpoint what is in the way of your body getting a good night's sleep and offer simple ideas to teach your body to love sleep again. My clients see improvements in the first week with permanent results after 3-4 weeks.

Let's improve your life through sleep.