

THE CHEMISTRY OF GOOD SLEEP

JENNYEVANS.COM

MICRO STRATEGIES FOR YOUR BODY

GET RID OF CORTISOL - EXERCISE

Exercise is one of the best ways to rid your body of cortisol and improve the quality of your sleep.

CAFFEINE, ALCOHOL, NICOTINE

- Reduce caffeine and stop ingesting it by 2:00 pm or earlier if you're sensitive.
- Reduce alcohol - you may fall asleep faster, but you'll wake up more often.
- Cut out nicotine - it's a stimulant and a stressor on the body.

IF YOU SNOOZE, YOU LOSE

Skip the snooze button - it robs you of the last cycle of your deepest sleep.

COOL IT

Sleep in a cool room of about 65 degrees and/or take a hot shower or bath before bed to reduce body temp.

LIGHTS OFF

Blue LED and artificial light stimulate wakefulness. Reduce their use before bed.

MICRO STRATEGIES FOR YOUR BRAIN

SET AN ALARM FOR BED

Kids need a bedtime routine to successfully transition from activity and stimulation to relaxation, and so do you! It's hard to flip a switch and go from stimulating activities to deep sleep.

Set an alarm clock in the evening to signal the start of your bedtime routine:

- Stop exposure to blue-dominant LED light
- Stop any stimulating activities
- Do a brain dump: write down any and all thoughts currently on your mind, worries, to-do lists, etc...
- Spend a few minutes meditating

IF YOU WAKE UP, GIVE YOUR BRAIN SOMETHING TO DO

Instead of giving your brain free reign to hop all over the place, use some cognitive techniques to focus your mind.

- ABC Game: come up with a category and then name something within that category for every letter of the alphabet. For example, airlines: American, British Airways, Continental, Delta...
- Visualizations that help you relax and feel calm
- List all the things you're happy or grateful for
- Listen to a somewhat boring podcast
- Have paper and pen handy to put your thoughts and worries on paper. Get them out of your brain for the time being and you can address them tomorrow.