

# Sleep Better Guide

## **1. Sleep in complete darkness**

If you have difficulty getting and staying asleep then you may want to get some blackout curtains to be sure you aren't being exposed to cortisol stimulating light.

## **2. Keep the bedroom temperature less than 70 degrees**

Studies have shown that people sleep best between in room temperatures of about 65-68 degrees.

## **3. Check your bedroom for EMF's**

This topic is covered in the video on EMF's and can definitely play a role in sleep difficulties.

## **4. Move alarm clocks and other electronics away from your bed**

Moving alarm clocks away from your bed will also force you to get up out of bed when your alarm goes off which many find to be a critical part of a morning routine. Snoozing starts your day with a negative mindset of not wanting to engage in your day.

## **5. Avoid loud alarm clocks**

While waking up when your alarm goes off is important, our bodies are designed to slowly rise with the increase in sunlight. You may also consider a sun alarm that slowly brightens the room over a period of time. Just be sure to keep it away from your bed.

## **6. Avoid watching TV or your tablet device while in bed**

This is a sure fire way to disrupt your sleep cycle. The combination of EMF's, light exposure and mental stimulation are far from conducive to good sleep.

### **7. Avoid caffeine after 2pm**

Some studies show that caffeine in the afternoon will keep you stimulated longer and delay the body's release of melatonin. This varies on each person's metabolism but is worth investigating if you have sleep problems.

### **8. Exercise during the day before 5pm if possible**

Studies show that exercising in the morning is best if you can fit it into your schedule. Or better yet, work to build your schedule around this healthy behavior.

### **9. Balance your hormones**

Hormonal imbalances which are the result of chronic hidden stressors can disrupt your sleep pattern significantly. The good news is that you can resolve this and rebalance your hormones with the right support.

### **10. Consider using Melatonin to help fall asleep**

For many taking natural Melatonin 30-minutes before bedtime helps significantly to fall asleep. There are also some Melatonin products that are extended release and will help you to stay asleep.

### **11. Avoid alcohol in the evenings**

Alcohol can disrupt your blood sugar and lead to a blood sugar spike in the middle of the night right after your blood sugar drops too low.

### **12. Use only candlelight in the evenings after 8:30PM**

Candles much like fire light are not over stimulating to the body and are a great way to wind down while reading a relaxing book.

### **13. Use orange light bulbs to block the blue light**

Orange painted light bulbs block out blue light which is the stimulating portion of the visible light spectrum.

#### **14. Use orange safety glasses to block the blue light**

The same way the orange light bulbs block out the blue light, so does a pair of orange safety glasses as long as you can get over the weirdness of it ;)

#### **15. Wear an eye mask to block light**

Eye masks will block out any environmental light that could be overstimulating your body.

#### **16. Use an infrared sauna or hot bath/shower before bed**

The temperature drop will signal to your body to start to wind down. Much as the cooler evening temperatures would.

## **Now What?**

Sleeping better is about building routines and re-establishing rhythm. In some cases you may be extremely out of balance and may require additional support from an expert to regain your body rhythms.

**For additional support and to chat about your health goals, call Danny Maresca at (919) 561-0767 or email [danny@livingwellsense.com](mailto:danny@livingwellsense.com).**

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