



## TIPS FOR BETTER SLEEP

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SUBSTACK.  
COM

- Cognitive behavioral therapy for insomnia (especially when chronic problem!)
- Focus on rest; don't obsess about sleep time  Address any medical/mental health issues
- Quick fixes are rare. Be patient and compassionate with yourself and this problem
- Reduce or eliminate caffeine. Beware of coffee, green + black tea, chocolate
- Exercise during the daytime. Afternoon is best. Don't exercise before bed
- Maintain regular sleep schedule - similar time of waking + sleeping
- Avoid meals before bedtime  Avoid alcohol at night  Don't smoke. Quit
- Keep bedroom cool, dark, comfortable, minimalistic  Bed is only for sleep (+sex)
- Avoid naps. or keep naps < 20 minutes long  Ride a sleepy wave to bed - don't fight off sleepiness to stay up watching TV.
- Turn off screens before bedtime; 30 minutes before is minimum.  Avoid blue + bright light  STOP scrolling on devices
- Meditate. I like "Meditation Oasis"
- Don't catastrophize. Acknowledge that negative thinking, but don't follow it. Return to your breath
- Take slow deep breaths; 

}	5 sec in
	1-2 sec pause
	5-7 sec out
- Progressively relax muscles from head to toe
- Stretch lightly  Massage (trade!)
- Read paper book; nothing too exciting. Read in a chair, not in bed if needed. The bed is where you sleep.
- Unload your worries and unfinished tasks on to a checklist for tomorrow
- If you estimate > 25-30 minutes of not falling asleep, get up. Stretch. Read. Breathe. Reset. Keep light dim.
- Limit fluids before bed.  Some find sex/masturbation results in sleepiness afterwards. Most people actually.
- Keep your phone away from your bed/nightstand. Do not disturb mode.
- Turn alarm or clockface away so that you aren't obsessively checking it!
- White noise can be a relaxing drone  If stressed, it's ok not to keep up with the news.
- Consider keeping a sleep diary  Darkening, silk sleep mask
- Ensure some fresh air, crack a window(?)  Take a warm bath 1 hr prior allowing core temp to cool back down
- Clean, fresh sheets; vacuum + dust; air filter to reduce allergens + respiratory irritants  Smile. Relax your brow. You're going to be just fine ☺