



SLEEP HYGIENE



1. Getting outside first thing in the morning

Morning (sun)light is the key timekeeper of your circadian rhythm. Morning sun light striking your eyes triggers the transition to a new cycle. Get at least 30 min outside by noon.

2. Power down in the evening

Shutting off all electronics, ideally at sunset but at least two hours before sleep, avoids blue light from screens interrupting the production of melatonin.

3. Give yourself permission to sleep

Let go of “there are not enough hours in the day” and embrace the science that shows good sleep enhances performance and productivity (in addition to your health & well-being).

4. Adopt a consistent schedule with resets

Going to bed and waking up at the same time every day, including the weekend, helps to keep your natural circadian rhythm functioning optimally. Also “reset” often during the day.

5. Eat between sunrise and sunset

Avoid or minimise food, alcohol and other substances after sunset to allow your body to get ready for rest. A light snack before bed is fine - feeling hungry inhibits sleep.

6. Reduce the temperature

Contrary to popular belief our body temperature is lower during the night. Avoid a hot bath / shower / spa at night and keep the bedroom cool but make sure your feet are warm.

7. Use the bedroom exclusively for sleep & sex

Avoid multi-purposing the bedroom and keep it clear from distractions. If you cannot sleep get out of bed and hop back into bed only when sleepiness returns.

8. Be physically active and exercise regularly

Exercise uses up energy and makes you feel more tired at night. It also reduces stress and anxiety which are common reasons for not falling asleep and sleeping restlessly.

9. Workouts & mental tasks during the day

High intensity workouts and complex mental tasks require a lot of energy and have an activating effect on both our brain and body. Best to do these earlier in the day.

10. Find your own wind-down routine

Release stresses and emotions build up during the day with a wind-down routine to allow your parasympathetic nervous system to kick-in and down regulate your level of activation.

11. Put the clocks away

Make sure (alarm) clocks are not visible. Watching the clock makes you worry and activates your mind, making sleep even more elusive.

Thanks to Eric

Wellbeing Workshop Wellness Coach & Bio Feedback Practitioner

