

RULES OF HEALTHY SLEEP



PICK CONSISTENT SLEEP
AND WAKE TIMES



BLOCK OUT ALL LIGHT



KEEP ELECTRONICS
OUT OF BEDROOM



AVOID STRESSORS
BEFORE BEDTIME



RELAX BEFORE BEDTIME



DROWN OUT ALL
UNWANTED NOISE



TRY HERBAL TEA
WITH VALERIAN ROOT



AVOID CAFFEINE
CLOSE TO BEDTIME



DO A BODY SCAN

SELF-CARE FOR SLEEP



Have a good morning routine to wake up to.

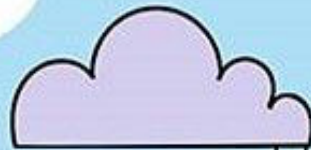


Try reading or listening to nature sounds to relax.

Keep your phone on silent when you're trying to sleep.



Have a good night time routine that winds you down.

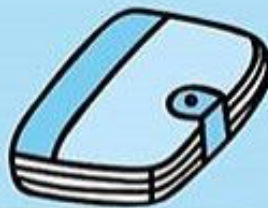


Set good boundaries around your bedtime routine.

Time going to bed so that you get a good amount of sleep for you!

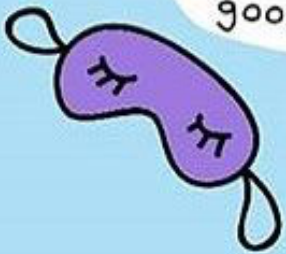


Make sure that you create an environment that lets you get good sleep.



Keep a dream journal if you have difficulty remembering them.

Stay away from caffeine before bed. Drink something soothing.



@BLESSINGMANIFESTING

7 STEPS TO GET A BETTER NIGHT'S SLEEP

1. MAINTAIN A REGULAR WAKE & SLEEP PATTERN SEVEN DAYS A WEEK.

2. UNWIND BEFORE BED WITH A RELAXING, ROUTINE ACTIVITY.

3. AVOID USING YOUR ELECTRONIC DEVICES AN HOUR BEFORE BED.

4. STEER CLEAR OF NAPS, ESPECIALLY IN THE AFTERNOON.

5. ENGAGE IN REGULAR DAILY PHYSICAL ACTIVITY.

6. AVOID STIMULANTS LIKE CAFFEINE, ALCOHOL OR BIG MEALS IN THE EVENING.

7. USE YOUR BED FOR SLEEPING ONLY.



5 Tips for a Better Night's Sleep

Sleep is vital to your health and a critical part of life. You need it to recharge your brain and body for another day. Stress, everyday demands, and even your smartphone are some of the culprits affecting your sleep.

To sleep better and wake up feeling more rested, follow this advice:



1

Eat your meals around the same time every day. Dinner should always be two to three hours before bedtime.



2

Limit naps to 30 minutes or less, and nap between 1 and 3 p.m. for the most benefit.



3

Stay active—any activity is good. Try to move for 20 to 30 minutes most days, at least five to six hours before bedtime.



4

Limit your caffeine intake and avoid it after 12 p.m. Avoid stimulants (such as decongestants and nicotine) as well.



5

Try to go to bed at the same time every night and get up at about the same time every morning—even on weekends.

Sleep Hygiene

› **Set a schedule.**

Establish a regular sleep schedule every day of the week. Don't sleep in more than an hour, even on your days off.

› **Don't force yourself to sleep.**

If you haven't fallen asleep after 20 minutes, get up and do something calming. Read a book, draw, or write in a journal. Avoid computer, TV, and phone screens, or anything else that's stimulating and could lead to becoming *more* awake.

› **Avoid caffeine, alcohol, and nicotine.**

Consuming caffeine, alcohol, and nicotine can affect your ability to fall asleep and the quality of your sleep, even if they're used earlier in the day. Remember, caffeine can stay in your body for up to 12 hours, and even decaf coffee has caffeine!

› **Avoid napping.**

Napping during the day will make sleep more difficult at night. Naps that are over an hour long, or those that are later in the day, are especially harmful to sleep hygiene.

› **Only use your bed for sleeping.**

If your body learns to associate your bed with sleep, you'll start to feel tired as soon as you lie down. Using your phone, watching TV, or doing other waking activities in bed can have the opposite effect, causing you to become more alert.

› **Exercise and eat well.**

A healthy diet and exercise can lead to better sleep. However, avoid strenuous exercise and big meals for 2 hours before going to bed.

› **Sleep in a comfortable environment.**

It's important to sleep in an area that's adequately quiet, comfortable, and dark. Try using an eye mask, ear plugs, fans, or white noise if necessary.

Lynette Bye presents

HOW TO MANAGE FATIGUE

A Simplified Decision Tree

Are you consistently giving yourself 7 to 9 hours in bed?

If not, start giving yourself enough time in bed. Try seeing how much time you need by sleeping without an alarm for several days.

If you are, try exercising regularly and improving your sleep hygiene. You should see an improvement within four weeks if you're consistently doing so.



Does it take you 30 minutes or more to fall asleep, or do you sleep six hours or less on three or more nights per week?

If so, check out self-administered therapies for insomnia. If those don't work within 4-6 weeks, talk to a doctor or therapist about CBT for insomnia and/or sleep aids.



Do you snore a lot or wake up gasping for breath (or does your partner report you doing either)?

If so, talk with a sleep specialist about sleep apnea.



Do you score mild or worse on the PHQ-9?

If so, talk to your doctor about the possibility you might have depression (even mild depression might make you fatigued).



If none of the above describe you

If you're excessively sleepy despite getting lots of sleep and none of the above address your situation, you should talk to a doctor. Check out the sections below on health issues and sleep disorders for more information.





Falling Asleep

Jason Ong, Ph.D., a sleep psychologist at Rush University Medical Center, offers these quick reminders to help you get to sleep.

- 1 Beginner's mind**

Remember: Each night is a new night. Be open and try something different! What you have been doing to this point is probably not working well.
- 2 Non-striving**

Sleep is a process that cannot be forced. Putting more effort into sleeping longer or better is counterproductive.
- 3 Letting go**

Attachment to your ideal sleep needs usually leads to worry about sleeplessness. This is counterproductive and inconsistent with the natural process of letting go of the day to allow sleep to come.
- 4 Non-judging**

It is easy to automatically judge the state of being awake as negative and aversive, especially if you do not sleep well for several nights. However, this negative energy can interfere with the process of sleep. One's relationship to sleep can be a fruitful subject of meditation.
- 5 Acceptance**

Recognizing and accepting your current state is an important first step in choosing how to respond. If you can accept that sleep is not likely to come soon, why not get out of bed? Spending long periods of time awake in bed might condition you to being awake in bed.
- 6 Trust**

Trust that your mind and body can self regulate and self correct for sleep loss. Knowing that short consolidated sleep often feels more satisfying than longer fragmented sleep can help you develop trust in your sleep system.
- 7 Patience**

Be patient! It's unlikely that both the quality and quantity of your sleep will be optimal right away.

11 Bedtime Routines for Adults that Work



Your bedtime routine should feel **easy** and focus on **self care**, and if you keep it simple, the nightly ritual can pay off in **major sleep dividends**.

Start Your Routine 60 Minutes Before Bedtime



Set an Alarm to Start Your Routine

Start your bedtime routine at a consistent time each night.



Eat Light and Healthy Before Bed

If you get the late-night munchies, **eat healthy foods** like oatmeal, yogurt or nuts.



Create a Pre-Bedtime Playlist

Make a bedtime playlist to help let go of mental attachments.



Lower the Thermostat

Lower the thermostat **temperature to 65 degrees** to help induce sleep.

Empty Your Mind 40 Minutes Before Bedtime



Wash off Stress in the Shower

Bathe **30 minutes to 1 hour** before bed to lower your body's temperature.



Turn Off Electronic Devices

Shut off electronic screens **30 to 60 minutes** before sleep.



Create a To-Do List

Create a to-do list to **stop** worrying about tomorrow's tasks.



Journal Your Thoughts

Take **10 to 15 minutes** to journal for good mental health.

Relax Your Body 20 Minutes Before Bedtime



Relax Your Muscles

Try foam rolling or practicing yoga for sleep to **ground your mind** before bed.



Drink Something Warm

Sip on a cup of chamomile tea or turmeric to help **fight insomnia**.



Open Your Senses

Use essential oils as an alternative to sleep aids.

Good Night!



Casper