



**Ideas For  
Better Sleep**

# Tips To Improve Sleep Hygiene

**Make A Schedule:** Our bodies get used to patterns. If you are able to sleep and wake at specific times your body will be programmed to release sleep hormones at night and stimulating hormones to wake up at the same time

**Get Exercise In:** Get moving (whatever it is), activity can help promote a good night of sleep.

**Avoid Electronics In Bed:** Electronics will stimulate our brains and also expose us to blue light which can prevent our brain from wanting to sleep. If you have to use a computer use the app (F.lux) to reduce your screens blue light. On I phone turn on night shift mode.

**Hot Shower, Bath, Sauna:** Can help promote a restful night of sleep, by relaxing you and help your body cool off, which it will do naturally before sleep.

**Background Noise:** Play white noise, rain sounds, listen to a podcast, have fans or ac units on.

**Cool Sleeping Environment:** Aiming for somewhere between (60-68 f), seems to help us fall asleep.

**Create A Dark Sleep Environment:** Try to remove any light sources that may interrupt sleep, you can try black out curtains, sleeping mask, turning off electronics.

**Set A Sleep Reminder:** It's easy to get distracted and forget to go to bed. Set an alarm or reminder on your phone 30 minutes before bed.

**Create A Stress Free Room:** Remove junk and clutter from your room, try essential oils, keep your sheets clean.

**Relax Before Bed:** Try stretching or yoga (Classes on YouTube or Peloton app) , listen to a podcast or audio book, read, meditation, etc.

**Limit Caffein and Alcohol Intake:** Both can reduce the amount of beneficial sleep you can achieve. Try to stop caffeine consumption 8 hours before bed.

**Brain Dump:** Get what is on your mind on a piece of paper, this can be what happened during the day or maybe what you need to get done tomorrow.

**Keep A Sleep Diary:** Record what helps promote a good nights rest for you, record what might have led to a poor nights rest. Use it as a guide to create your best night of sleep.



# Coaching

Interested in achieving your weight loss goals? I'm here to help, as a coach I can assist you through your weight loss journey. If your interested, start by booking a [free consultation call!](#)

Connect with me on my various social media platforms for content related to health, dieting, and meal prep.

