

IMPROVE YOUR SLEEP HEALTH

Put a ✓ next to those you already do .

Put a ☆ next to those you could try or improve on



1. Adjust your Environment

Anything you want to try from this list?



2. Nurture your Mental Health

Anything you want to try from this list?

- ___ Dim lights 1 hour before bed (or even after dinner).
- ___ Eliminate blue screens 1 hour before bed.
- ___ A warm shower with a "cold finish" on your neck prior to bedtime.
- ___ Take a relaxing warm bath (or just a foot soak) with epsom/magnesium salts.
- ___ Use apps or watches to track your sleep quality.
- ___ Keep pets out of your bed.
- ___ Keep your bed - just for sleeping - avoid scrolling/movies
- ___ Lower room temperature to 62-64 degrees.
- ___ Use aromatherapy diffusers, candles, or sprays:
(females lavender at night & peppermint for day energy)
- ___ Try 5-10# weighted blankets.
- ___ Comfortable mattress/pillow & "non-sweat" sheets.
- ___ Don't take naps (for more than 20 min) during the day.
- ___ Establish a regular time to sleep and wake up
consistent wake up time _____ set your "natural clock".
- ___ If you don't sleep within 30 minutes, get out of bed.
Go do something else (non-stimulating) for 10 minutes
and then try again when you're feeling more tired/drowsy.
- ___ Follow your deep sleep with a Fitbit or Oura ring or journal
patterns with goals or a coach to keep you on track.
- ___ Journal (Try a gratitude journal or any type).
- ___ Meditate, pray, tapping, or practice a spiritual
discipline to experience calm.
- ___ CBT with a therapist to re-write your "sleep Story.
- ___ Read a couple pages of a not-so-intriguing book
(don't get hooked into reading the whole thing!)
- ___ Practice Breathing techniques
 - 4-7-8 Breathing technique: Close your lips, inhaling
through your nose for a count of 4. Then, hold your
breath for 7 seconds. Part your lips and exhale
through your mouth for 8 seconds. Exhale completely
making a whooshing sound. Repeat 4-7 times.
- ___ Dig deeper into treating any anxiety.
- ___ Get Micronutrients checked to correct any
deficiencies that contribute to anxiety or insomnia.
- ___ Exercise to stimulate serotonin/melatonin
- ___ Use a sunlight or a "happy light" from Verilux , or Redlight
to reset your natural circadian rhythm.
- ___ Redlight or Infra Red sauna before the evening.
- ___ Trial of Melatonin - Does it work? _____
Work with a practitioner to determine dosage.
- ___ Trial of Magnesium 200-400 mg nightly - with B6?
- ___ Work with a practitioner to decide trial of glycinate?
- ___ Trial of Valerian, L-Theanine, or CBD or _____
Does it work? _____ Need recommendations _____

IMPROVE YOUR SLEEP HEALTH



3. Optimize Food and Hydration

Anything you want to try from this list?

- ___ Enjoy an herbal tea (Sleepytime or chamomile tea, etc) or warm water/milk before bed.
- ___ Avoid caffeine 6-8 hours before bed.
- ___ Avoid alcohol for 7-14 days to support liver.
- ___ Avoid or limit alcohol to less than 2 servings daily.
- ___ Add coconut Water to your day.
- ___ Test for nutrient deficiencies.
- ___ Experiment - does it work to avoid meals within 1-2 hours of sleeping.
- ___ Experiment with a small carb/protein snack before bed.
- ___ Avoid heavier meals in the evening - may interfere with falling asleep from uncomfortable feelings like acid reflux or indigestion.
- ___ Choose foods with sleep-inducing substances at lunch and dinner: Foods high in **tryptophan** can help serotonin and melatonin which can be brain calming.
 - Seafood, turkey, and chicken
 - Whole grains
 - Legumes, seeds, beans, chickpeas, & lentils,
 - hazelnuts/peanuts, sesame and sunflower seeds
- ___ Walk for 20 minutes after eating dinner.
- ___ Avoid rigorous exercise too late in the day.
- ___ Adjust diet and fluids if you are waking in the night to pee..



4. Assess your Sleep Posture

Anything you want to try from this list?

- ___ Sleep on your **back** - allows your head, neck, and spine to be in a neutral position (assess if this could help you). Can be a dangerous position for people with sleep apnea as the tongue can fall back & block the breathing tube.
- ___ Sleeping on your **side** with your torso and legs relatively straight is a good position for people who snore as this position keeps your airways open. Also, your spine is elongated in this posture, so you won't have back and neck pain.
- ___ Sleeping in a **loose fetal position** (on your side, hunched torso and knees bent) on your left side is great for digestion and beneficial for people who snore.
 - Place a pillow between your knees to reduce strain on your hips.
- ___ Avoid sleeping on your **stomach** as your spine will not be in a neutral position and this position puts pressure on your muscles and joints.
- ___ Try Mouth taping - goal is to breath through your nose - or consider tongue release with an ENT.
- ___ Trial of nose strips like Breath-right.
- ___ Address with a health practitioner to treat if you experience restless legs at night.
- ___ Look into a sleep study at the Minnesota Sleep Institute for example to assess further.