

# WHEN I AWAKE, I WILL FEEL GREAT: SLEEPING BETTER

The average person spends \_\_\_\_\_ of their life sleeping.

Why do we need sleep?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Adults (18+) need \_\_\_\_\_ to \_\_\_\_\_ hours of sleep per night

Exercise helps you \_\_\_\_\_ better a night, but too much or too \_\_\_\_\_ late night exercise will keep you up.

Power off all \_\_\_\_\_ one \_\_\_\_\_ before going to sleep.

You can try these apps to help you try and sleep better: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

Aromatherapy scents that help you relax and unwind include: lavender, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

Notes:

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## WHEN I AWAKE, I WILL FEEL GREAT HOW TO SLEEP BETTER

### Pre-Sleep Routine - Food & Beverages

- Be sure to not eat or drink in bed.
- Don't have any caffeine after lunch
- Don't drink alcohol or smoke within 6 hours of bedtime
- Do not go to bed hungry, but also don't eat a large meal close to when you will go to bed.
- Keep regular times for meals for your inner clock.
- Avoid heavy or spicy foods close to bedtime, instead try eating a light snack (bananas, warm milk, cashews).
- Exercise regularly in the morning or afternoon.

### Pre-Sleep Routine - Mental Engagement

- Avoid taking naps; if you must, keep them short and never nap after 3 pm.
- Don't read, write, watch TV or talk on the phone in your bed.
- Try to get rid of or deal with things that make you worry
- Don't use your bed for anything besides sleep and sex
- Establish a regular, relaxing bedtime routine that will allow you to unwind.
- Hide your clock, it may cause you to focus on the time and make you feel anxious.
- Journal your concerns/worries
- Don't do anything stimulating and avoid blue light.

### Sleeping Environment

- The ideal temperature is 60-65 degrees Fahrenheit. A room that is too warm or too cool can disrupt comfortable sleep.
- Excess humidity can also be a problem, if so you may want to consider a dehumidifier. If it is too dry, consider a humidifier.
- Sudden, loud noises from inside or outside the home can disrupt sleep. Steady, low sounds such as the whir of a fan or air conditioner are soothing because they help block out distracting noises.
- Make your sleep environment as dark as you can, consider heavy curtains or an eye mask.
- Get good light exposure during the day
- Expose yourself to bright light/sunlight after awakening, this will help to regulate your body's natural biological clock.
- Mattresses are a matter of individual taste. Find one that is best for you by trying out mattresses at retailers. Make sure the sleeping surface is comfortable for you! If you sleep with a partner, your mattress should allow you both enough space to move easily.
- Comfortable sheets are also important as are pillows for neck support.



# SLEEP HYGIENE

## HOW TO RELAX & SLEEP WELL

A Good Night's Sleep has tremendous health benefits. Research shows that getting the recommended 7-8 hours of sleep per night helps improve memory, decreases inflammation, improves creativity, boosts the immune system, and may even help you live longer. Adequate sleep also assists with weight loss, exercise performance and how well we cope with stress. According to Consumer Reports, approximately 27% of adults have trouble falling asleep or staying asleep most nights, and 68% of Americans struggle with sleep at least one night per week.

If this is you, there are techniques and tools that can help to improve the quality of your sleep.

- 1** • Learn how to relax. Meditation, progressive muscle relaxation, breath work, time in nature, Tai Chi, yoga, and massage are just a few tools that can help you learn how to relax.
  - Try the "Calm" app and "Headspace" app for some expert guidance on meditation.
  - Check out YouTube for relaxation tutorials.
- 2** • Limit caffeine use to just one or two cups of coffee in the morning, or go completely decaf or caffeine free. Caffeine is found in chocolate treats, soda and iced tea, so go easy on these as well.
  - Eat a light meal a couple of hours before bed, so that digestion is complete before going to bed.
  - After dinner, drink some chamomile or bedtime herbal tea. Sitting down and sipping tea is a wonderful way to end a meal and help the body and mind unwind.
- 3** • The blue light from electronics interferes with sleep quality. Try to unplug a good hour before bed time, and chose activities that relax, such as reading, meditating, or taking a bath or shower.
  - Try calming essential oils. A sprinkle of lavender on the pillow at night, in a diffuser, or rubbed into the soles of the feet can help tremendously with sleep quality.
  - Keep your bedroom is dark and cool.
- 4** • If you do wake up at night, instead of tossing and turning, get up and practice relaxation techniques.
  - Try white noise, such as the hum of a fan. Find a white noise app and use this when sleeping.
  - As much as possible go to bed and wake up at the same time every day, seven days a week.





# GOLDEN MILK RECIPE

Both turmeric and ginger are anti-inflammatory spices that aid digestion and support a healthy metabolism. This warm milk helps to relax the body and mind. Enjoy this drink as part of a regular bedtime routine. Sweet dreams!

## INGREDIENTS

- 3 cups of unsweetened almond milk or skim milk
- 1/2 tsp ground turmeric
- 1/4 tsp ground ginger
- 1/4 tsp ground cinnamon
- Pinch ground pepper
- Sweetener of choice (i.e. maple syrup, coconut sugar, or stevia to taste)

## INSTRUCTIONS

- 1** In a small saucepan, add milk, ground turmeric, ground ginger, cinnamon, black pepper, and sweetener of choice.
- 2** Whisk to combine and warm over medium heat. Heat until hot to the touch but not boiling - about 4 minutes - whisking frequently.
- 3** Turn off heat and taste to adjust flavor. Add more sweetener to taste or more turmeric or ginger for intense spice + flavor.
- 4** Serve immediately, dividing between two glasses. Best when fresh, though leftovers can be stored covered in the refrigerator for 2-3 days. Reheat on the stovetop or microwave until hot.