

Top 10 for Better Sleep

1. Get morning sunlight within 30–60 minutes of waking

- Natural light exposure early in the day resets your **circadian clock** and boosts daytime alertness.
- Aim for **10–15 minutes outside** (30 if it's cloudy).
- Avoid sunglasses during this time if safe for your eyes.

2. Keep a consistent sleep & wake time — even on weekends

- Irregular sleep schedules confuse your body clock and disrupt melatonin production.
- Try to stay within **30–60 minutes** of your normal bedtime/wake-up time.

3. Create a “wind-down” routine 60–90 minutes before bed

- Helps signal your brain that it's time to transition into rest.
- Try: dimming lights, reading, stretching, journaling, or listening to calming music.
- Avoid screens and stimulating activities.

4. Limit blue light exposure after sunset

- Blue light from screens suppresses melatonin.
- Use “night shift” mode, blue-light-blocking glasses, or better yet — switch to warm, dim lighting.

5. Cool your bedroom

- Your body temperature naturally drops to initiate sleep.
- Keep the room around **65–68°F (18–20°C)** and use breathable bedding.
- A warm shower before bed can help by cooling your core temperature afterward.

6. Avoid caffeine after 12 p.m. (or earlier if sensitive)

- Caffeine has a half-life of ~6 hours, meaning half still lingers after that time.
- Even if you fall asleep, it can reduce deep sleep stages.
- Green tea or herbal options (like rooibos or chamomile) are better later in the day.

7. Mind your evening meals and alcohol

- Heavy, spicy, or sugary meals close to bedtime raise body temp and blood sugar.
- Alcohol may make you sleepy but disrupts REM sleep and causes night awakenings.
- Finish eating 2-3 hours before bed.

8. Manage stress before bed

- Cortisol competes with melatonin.
- Try box breathing (4-4-4-4), meditation, gentle yoga, or writing out worries to “clear the mind.”
- Magnesium glycinate or L-theanine (if approved by your provider) can help calm the nervous system.

9. Exercise regularly — but time it right

- Morning or afternoon workouts improve sleep quality.
- Intense workouts too late (within 2-3 hours of bedtime) can raise cortisol and delay sleep.
- Gentle evening movement (stretching, walking) is fine.

10. Make your bedroom a true “sleep sanctuary”

- Dark: use blackout curtains or a sleep mask.
- Quiet: white noise or earplugs if needed.

- Tech-free: no phone charging by the bed.
- Reserve the bed for **sleep and intimacy only**—trains your brain to associate it with rest.

Bonus: Nutrition for better sleep

- Include foods rich in **magnesium, tryptophan, and calcium** (pumpkin seeds, almonds, turkey, yogurt, oats).
- Limit refined carbs and late-night sugar spikes.

🌙 7-Day Sleep Optimization Plan

(Adjust times by 30–60 minutes if your schedule differs.)

⌚ DAILY GOALS

- **Bedtime:** 10:00 p.m.
- **Wake time:** 6:00 a.m.
- **Caffeine cutoff:** 12:00 p.m.
- **Last meal:** 7:00 p.m.
- **No screens:** after 8:30 p.m.

Day 1 – Reset Your Clock

Morning:

- ☀️ Get 15 minutes of natural sunlight within 30 minutes of waking.
- 💧 Drink water before caffeine.

Afternoon:

- 🏃 Walk or stretch outdoors to anchor your circadian rhythm.

Evening:

- 🕯 Dim lights after sunset.
- 📘 Read or journal 30 minutes before bed.

Day 2 – Optimize Your Environment

Morning:

- ☀️ Morning sunlight + a high-protein breakfast.

Evening:

- 🌡️ Set room temperature to 65–68°F (18–20°C).
- 帷 Add blackout curtains or a sleep mask.
- 🧘 5 minutes of deep breathing before bed.

Day 3 – Calm the Nervous System

Morning:

- ☀️ Morning light + 5 minutes of stretching.

Afternoon:

- 🥗 Eat balanced meals (protein, fiber, healthy fat) to stabilize blood sugar.

Evening:

- 찻 Try chamomile or magnesium glycinate.
- 🧘 Practice **box breathing (4-4-4-4)** for 5 minutes.

Day 4 – Digital Detox

Morning:

- ☀️ Sunlight exposure again; no phone for the first 30 minutes.

Evening:

- 🚫 Power down screens at 8:30 p.m.
- 🕯️ Use warm lighting or candles.
- 🎧 Listen to calm instrumental music or a guided meditation.

Day 5 – Nutrition & Movement

Morning:

- 🥣 Protein-rich breakfast; avoid sugary cereals.

Afternoon:

- 🏃 Exercise or brisk walk before 4 p.m.

Evening:

- 🥗 Light dinner (veggies, lean protein, healthy fats).
- 🍵 Herbal tea; gratitude journaling before bed.

Day 6 – Stress Offload

Morning:

 Get outside again, even briefly.

Evening:

 Write down tomorrow's to-do list early (6-7 p.m.) to unload mental clutter.

 Warm bath or shower → cool down → sleep.

Day 7 – Deep Sleep Focus

Morning:

 Sunlight + movement (walk, yoga).

Evening:

 Keep room cool and dark.

 No screens, no alcohol.

 Reflect on what changes improved your rest most this week.

Optional Supplements & Support (confirm with your provider)

- Magnesium glycinate or taurate — for relaxation and muscle recovery.
- L-theanine or ashwagandha — for stress balance.
- Tart cherry juice — natural melatonin source.

Maintenance Tips After 7 Days

- Keep your wake time consistent — even on weekends.
- Continue morning sunlight exposure daily.
- Use your wind-down routine as your “signal” to transition to sleep.