

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.
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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.
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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.
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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.
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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.
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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.
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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**.
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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.
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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.
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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.
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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.
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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).

🛏️ 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:

🍵 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.
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☀️ 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.