

- 1) **Reduce EMF exposure in the bedroom.** Electromagnetic frequencies are over-stimulating. Turn WiFi OFF at night, as well as other electrical equipment in the bedroom. This includes clocks if possible; if not, keep a clock as far as possible away from you as you sleep, and cover its light. You can also use your smart phone alarm, but keep the phone in airplane mode while you sleep.
- 2) **Keep a sleep diary.** Spend 2 weeks monitoring when you go to bed, how many times you wake up, the quality of your sleep, and what you did during the day so you can optimize what works for you.
- 3) **Reduce psychological stress.** Have an evening wind down regime. Anything that stimulates the “rest and relaxation” vagus nerve would work. Examples:
 - a. Reading or watching uplifting material
 - b. Laughter, singing, dancing, or sex
 - c. Walking in nature
 - d. Deep breathing, meditation
 - e. Stretching, Tai chi, yoga
 - f. Using relaxing essential oils
 - g. Gratitude journaling
- 4) **Use a gravity blanket.** These are good if you tend to suffer anxiety or stress that keeps you awake at night. The blankets are meant to be about 10% of your body weight and work on pressure points, relaxing the body.
- 5) **Move around more during the day.** A sedentary lifestyle is now strongly linked to shorter life spans. Get moving regularly. Walk rather than drive. Take breaks hourly and stretch and move around if you are in an office setting. Stand more and sit less throughout the day.
- 6) **Keep to a schedule.** Go to bed and get up at the same time even on weekends. Be consistent, otherwise it’s like changing time zones.
- 7) **Sleep in the dark.** Use blackout curtains or an eye mask to block out light.

- 8) **Use “white noise” (aka “pink noise”).** White noise is like a fan – a consistent noise can block out intermittent disturbing noises like dogs barking, people talking, or cars passing. Don’t use headphones to listen to the noise, though, as they can disturb sleep.
- 9) **Control your temperature.** Cool down at night to help yourself fall asleep. Of course you can use air conditioning, but you can also personally cool down with something like a temperature cooling headache pack.
- 10) **Journal before bed.** Writing out concerns and worries before bed can help release them and calm the mind. Write about anything on your mind to help relax.
- 11) **Check medication side effects.** For example, SSRI and beta blockers can both disrupt sleep. So if you’re on any medications, read about possible side effects if you’re struggling to sleep, and if there seems to be a correlation, speak with your licensed healthcare professional about your options.
- 12) **Avoid / minimize caffeine.** Caffeine is a daytime circadian signaler. Don’t drink caffeine after 2:00 pm. If you suffer sleep problems or anxiety, avoid caffeine altogether.
- 13) **Sleep on your side.** If it is comfortable to do so, side sleeping is probably more restorative rather than sleeping on your back.
- 14) **Don’t wake up with an alarm clock.** This is tricky, because many of us need an alarm to wake up for work or other obligations. But the body naturally sleeps in roughly 90-minute cycles, and waking up during a cycle (i.e., from an alarm) can lead to being drowsy, disoriented, and even in a worse mood.

Some sleep trackers can wake you up between cycles; in this case, you would set the *latest* time you would want to wake up, and it will wake you some time before that – in theory, you could be waking up much earlier than needed, but potentially feeling less drowsy. Ideally, you want to train your body to simply wake at roughly the same time each day, as it will do so between cycles. This is also why it’s best to maintain your sleep schedule even on the weekends.

- 15) **Get out of bed when you wake up.** Don’t lay in bed when you wake up. Get your body accustomed to sleeping when it’s bed.