

# TIPS FOR A GOOD NIGHT'S SLEEP

A good night's sleep is just as important as regular exercise and a healthy diet. Research shows that poor sleep has immediate negative effects on your hormones, exercise performance, and brain function and can also cause weight gain. In contrast, good sleep can help you eat less, exercise better, and be healthier. If you want to optimize your health or lose weight, getting a good night's sleep is one of the most important things you can do.

- **INCREASE BRIGHT LIGHT EXPOSURE DURING THE DAY**

Daily sunlight or artificial bright light can improve sleep quality and duration, especially if you have severe sleep issues or insomnia.

- **REDUCE BLUE LIGHT EXPOSURE IN THE EVENING**

Blue light tricks your body into thinking it's daytime. To reduce nighttime blue light exposure, try wearing glasses that block blue light, download an app that blocks blue light on your device, or avoid using TV and bright lights two hours before bed.

- **AVOID CAFFIENE LATE IN THE DAY**

Caffeine can stay elevated in your blood for 6–8 hours. When consumed late in the day, caffeine stimulates your nervous system and may stop your body from naturally relaxing when it's time to sleep. If you do crave a cup of coffee in the late afternoon or evening, stick with decaffeinated coffee.

- **REDUCE OR IRREGULAR OR LONG DAY-TIME NAPS**

While short power naps are beneficial, long or irregular napping during the day can negatively affect your sleep. If you have trouble sleeping at night, stop napping or shorten your naps.

- **TRY TO SLEEP AND WAKE AT CONSISTENT TIMES**

Try to get into a regular sleep/wake cycle – especially on the weekends. If possible, try to wake up naturally at a similar time every day.

- **OPTIMIZE YOUR BEDROOM ENVIRONMENT**

Many people believe that the bedroom environment and its setup are key factors in getting a good night's sleep. To optimize your bedroom environment, try to minimize external noise, light, and artificial lights from devices like alarm clocks. Make sure your bedroom is a quiet, cool, relaxing, clean, and enjoyable place.

- **WIND-DOWN FROM YOUR DAY**

Many people have a pre-sleep routine that helps them relax. Relaxation techniques before bed, including hot baths, reading, listening to soft music, and meditation, may help you fall asleep faster and sleep better.

- **CONSIDER SUPPLEMENTS**

A melatonin supplement is an easy way to improve sleep quality and fall asleep faster. Take 1–5 mg around 30–60 minutes before heading to bed. Several supplements, including lavender and magnesium, can help with relaxation and sleep quality when combined with other strategies.

- **TRY A SLEEP MASK**

They're designed to be comfortable but the main purpose of a sleep mask, or eye mask is to block out light, thereby enabling the wearer to get a better night's sleep as a result.

- **USE THE CALM APP**

The Calm App has a vast audio library that has something for just about everyone – including kids. Not only are there ways to help you improve your sleep, but Calm can help to manage your stress or anxiety, learn to meditate, or invest in your personal growth. To improve sleep, Calm offers guided meditations, breathing exercises, mindful movement ideas, sleep stories, and soundscapes (including white noise and ASMR). It is free to demo if you would like to check out the experience before investing in a plan.