

A NEW APPROACH TO BETTER SLEEP

Good sleep is necessary for a healthy foundation, mood regulation and mental focus. Lack of sleep can make us more susceptible to stress and stress makes it harder for us to resist our cravings & impulses. This can lead to cravings of unhealthy processed foods, poor decision making and weight gain. Here are 9 things you can do immediately to improve your sleep.

01



CONSIDER ALTERNATIVE SLEEP SUPPORT.

Try essential oils, a diffuser, an eye mask for darkness, an earthing/grounding mat, a sound machine, or a weighted blanket.

02



ACTIVATE YOUR PARASYMPATHETIC SYSTEM.

Practice slow breathing or progressive muscle relaxation. This will help put your body into a state of calm and healing.

03



START WITH NUTRITION FOR A GOOD FOUNDATION.

Vitamin B6 helps the body make melatonin, which is important in helping regulate your internal clock and your sleep. Fish such as tuna, halibut, and salmon are high in vitamin B6. B6 also helps your body produce norepinephrine and serotonin to help with mood regulation and coping with stress. Avoid processed and sugary foods.

04



AVOID THE CLOCK.

You are not going anywhere and staring at the clock will only add more pressure and increase your anxiety. Stay in the moment and reframe your time in bed as relaxation time until you fall back asleep.

05



EXERCISE REGULARLY.

Exercise can contribute to a more sound and restful sleep. Physical activity increases time spent in deep sleep, the most physically restorative sleep phase. So move move move!

06



TURN OFF THE DEVICES.

TVs, smartphones, tablets, and computer monitors all emit blue light, which reduces serotonin production in the brain and makes us feel more alert. Powering down devices or adding a blue light filter in the evening will allow your body to start producing melatonin at the appropriate time, so sleep follows a natural progression like it's supposed to.

07



CHILL OUT.

Your bedroom should be the ultimate place for sleep; this includes maintaining the ideal temperature. Anything between 65 and 75 degrees Fahrenheit is perfect for catching zzzs.

08



KEEP A GROWTH MINDSET ABOUT SLEEP.

Intentionally welcome rest, calmness and peace when working into a pre-bedtime ritual. Focus on restoration as you label yourself as a good sleeper. Go with the flow and avoid fixating on sleep itself.

09



CREATE AN OPEN AND INVITING SPACE THAT IS CLUTTER FREE.

Outside clutter creates internal clutter. Bedrooms, when possible, should not be used as a dual space for work or storage.