

BETTER LIVING THROUGH BETTER SLEEP

Life Skills

Sleep

- **360 take on getting more sleep:**
 - Better sleep helps lead to:
 - Energized
 - Clear
 - More feelings of inner happiness and joy
 - Foundation for a better happy life
 - Start thinking about where sleep fits into your day and where you can make small changes in your day
- **How can you put yourself on a sleep schedule – how to make it a habit:**
 - Doesn't necessarily mean going to bed earlier
 - Tinker around what the perfect sleep schedule is (when you can fall asleep quickly and stay asleep through the night)
 - Go to bed at the same time every night and get up at the same time every morning. Your body clock will naturally start to keep you on this schedule.
 - You will wake up feeling refreshed every day
 - Changing your schedule disrupts your internal body clock.
 - Getting extra sleep one night after losing sleep the night before doesn't make up for the lost sleep. It tends to confuse your body.
 - Takeaway – go to bed at the same time every night and eventually stop setting the alarm and your body will set its own clock. Commit to this for 4 weeks. Within about 2 weeks you will begin to see a difference. By 4 weeks you will feel better
- **What are things we can do during the day to help us get better sleep? What are some small adjustments we can make?**
 - Don't eat before you go to bed
 - Get some daytime exposure – 20 minute walk to get some sunlight into your body
 - Restrict caffeine past noon
 - Alcohol can make you feel sleepy and go to sleep initially. However, it will often wake you up at about 2:00 – 3:00 in the morning and it's often hard to get back to sleep at that time of the night. Limit alcohol – 1 or 2 glasses with dinner is fine. Limit intake close to bed time.
 - Screens – TVs, iPads, Phones, etc. Screens interfere with your melatonin (the sleep hormone). You can start small – 1 hour before bed time, turn off all screens. Increase that time if you don't see a difference.
 - Anxiety is the number one reason people don't sleep well. Having your phone by your bed can increase anxiety.

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- **Bed time routine:**
 - Give your body 20-30 minutes to get in alignment with understanding you're ready to go to bed for the night. Do activities you enjoy: light stretching, take a bath, wash your face, read, etc. If you really struggle, don't read in bed or do other activities that take away from your body recognizing it's time to sleep.
- **Is insomnia something that can occur for a short period of time or is it chronic?**
 - Everyone can experience periods of insomnia. However, a night or two with a lack of sleep can create stress about losing sleep. This stress can contribute to longer periods of insomnia.
- **How we think about sleep:**
 - Self-talk about lack of sleep can lead to more sleeplessness. Avoid talking about how tired you are. Tell yourself you are a good sleeper. This can help reduce anxiety around stress and contribute to more restful nights.
 - Some people's anxiety can increase when they see the bed. Try positive self-talk. I will sleep well. Even if I don't sleep well, I will be fine tomorrow.
- **For long term good health, don't rely on quick fixes. Build solid habits every day.**
- **Scenario: Lying in bed at 2:30 am and can't get back to sleep. What do I do?**
 - Get up
 - The biggest mistake people make is to lay in bed trying to force themselves back to sleep. The longer you lay there the worse the situation gets.
 - If you have been lying in bed for 20 minutes, get up and do a mundane task (dusting, journaling, etc.). Keep lights low – no screens. After about 20 minutes go back to bed and try again. Repeat the cycle until you fall back to sleep.
- **What are some strategies for turning your brain off and destress in order to get better sleep?**
 - Varies for everyone. Here are some things you can do (don't do them right before bed if you aren't used to it):
 - Bath with Epsom salts
 - Yoga or light stretching
 - Deep breathing meditation throughout the day
- **Top 3 things you can do to get better sleep:**
 - Monitor your self-talk around sleep
 - Turn off screens 1 hour before bed
 - Bed time routine
- **For more resources to go www.SolveYourSleep.com. You will get access to quick tips and the ability to sign up for a 4-week program around how to get better sleep.**