



## Tips To Help You Sleep Better And Wake Ready For The Day!!

1. Block out as much light as possible (Dark Curtains, Foil windows if necessary, sleep masks, etc.)
2. Block out as much noise as possible (Ear plugs may help)
3. No screens 1 hour before bed
4. Cool room (Low 20's)
5. Unwind before bed, get to that point where you are not thinking about everything for the today or that you have to do tomorrow. Write it down if need be, then you won't forget and it may be easier to park your brain.
6. If you wake do not get out of bed (except for toilet), Do not check screens, Do not take your phone or tablet to bed (alarm clocks are cheap, buy one)
7. Condition yourself to stay in bed for 8 hours, this will take time. Over 50 years of sleep science has shown we need 7-8 hours of sleep to produce maximum brain efficiency. If you think you are productive at 6 hours just imagine how much more you could do with 8 hours.
8. If you struggle to fall asleep why not try the 4-7-8 meditation. This is a simple fast meditation that has been scientifically shown to help fall asleep. It is inhale for the count of 4, hold your breath for the count of 7, then exhale for the count of 8. Repeat till you are asleep. Note Inhale and Exhale thorough your nose.
9. Avoid alcohol. Alcohol may help you fall asleep, however it also breaks up your sleep cycle and therefore reduces your chance of waking refreshed and ready for the day.
10. Avoid stimulant. Things with caffeine, high levels of sugar or other stimulants just make it hard to fall asleep. So just don't do it, if you want them during your day, try not to consume them 3-4 hours before you sleep.