

SLEEP BETTER CHEAT SHEET

Disclaimer: This is educational information, not medical advice. Please keep taking medications and prescriptions as directed by your physician.

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CORE CHANGES

Make small change to get BIG impact

- AVOID all screens +2 hours before bedtime
- Limit caffeine to at least 10 hours before bed
- Exercise/work out during day (nowhere near bedtime)

EASY CHANGES

With taking supplements, timing plays a big role with sleep:

- Take multivitamins, Vit D3, Bs only in morning
- Take Omega 3s, Calcium, Magnesium at night
- Take herbal supplements and teas during day (unless specifically for sleep)

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DURING THE DAY

Take breaks to move (if you sit a lot) or stretch (if you stand/walk) in your day

Do 1 invigorating thing a day - to get your heart rate up for a little

BEFORE BED

- Start your bedtime routine at least 1 hour before climbing into bed
- Make a bedtime beverage (ideas below)
- Do 1 thing that's relaxing - warm bath, gentle yoga
- Write out any worries or mental junk that you want to leave behind

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DINNER DO'S + DON'TS

- Eat sleep-friendly foods: celery, cucumbers, oats, lemons, mushrooms, leafy greens, mulberries
- Eat dinner at least 2 hours before bed
- AVOID consuming alcohol or spicy foods at dinner
- Add more protein in AM If you're hungry at night

BEDTIME BEVERAGE IDEAS

Tart cherry juice, unsweetened

Celery tea (boil 1 celery in water and simmer for 10 min, remove celery + enjoy warm)

Almond milk + 1 T molasses unsulphured, warm

Chamomile, lavender or peppermint tea

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BEDROOM AUDIT

Remove as much technology as possible (keep your phone far away from bed if it's your alarm)

Is your bedroom cool enough? Dark enough? Comfortable?

Move bed out of way of door according to Feng Shui

STRESS RELIEF

If you feel stress, worry or anxiety, you may want to:
Leave a paper and pen by the bed if you need to write something in the night

Take an Epsom salt bath with bay leaf

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