How to Sleep Better

Sleep is such an important part of your health
        It affects everything
        It is the time for your body to detox and recover

1 Make a good evening/bedtime routine
        Turn off screens 90-120 min before bed or wear blue light blocking glasses
        Do something relaxing that you enjoy
        Try to be asleep by 10 pm to maximize sleep hormones

2 Have a good sleep environment
        Cool
        Dark – avoid lights/room darkening curtains
        Quiet
        No electronics

3 Pay attention to what foods you eat
        Caffeine – avoid 6-8 hrs before bed
        Alcohol – limit and avoid at least 4 hours before bed
        Sugar -- Waking in the night 1-4 am
        Timing – right before bed; shorten eating window to 10-11 hours
        Diet – eat anti-inflammatory diet
        Chamomile tea can help

4 What you do during the day matters too
        Go outside – try to touch the ground
        Get some morning sunlight
        Exercise – especially weight lifting, but not right before bed
        Manage your stress