



Top 10 Quick Tips to Sleep Well Tonight

1. Keep your circadian clock set with a consistent bedtime and wake-up time.
2. Create a cool, quiet, dark, well-ventilated bedroom that you love. Remove any work or electronic materials from your sleep sanctuary. Sleep on a fresh, comfortable mattress and pillows.
3. Use light strategically: avoid bright light close to bedtime, expose yourself to natural light in the mornings, and take a sun break during the day.
4. Exercise every day, but not within three hours of bedtime.
5. Nap early, for 20–30 minutes before 5 p.m., or not at all, as late-day naps decrease sleep drive.
6. Avoid alcohol, nicotine, caffeine and heavy meals in the evening.
7. Establish a soothing pre-sleep ritual to ease the transition from wake time to sleep time. Power down electronic devices at least 30 minutes before bedtime. Relax the mind with some writing before bed, and relax the body with meditation, gentle yoga, or a warm bath or shower.
8. Maintain healthy thoughts about sleep. Don't use your mental power against yourself. If you can't sleep after about 20 minutes, get up, go into another room, and do something relaxing until you feel tired again. Don't watch the clock.
9. Learn breathing and relaxation techniques that calm anxiety, reset your natural rhythms, and gradually decrease any need for sleeping pills or supplements.
10. Sleep time is sacred. Expect to sleep well, and allow sleep to wash over you.



Chris Carruthers, PhD
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