

Optimizing Recovery Through Sleep

Keys for effective sleep

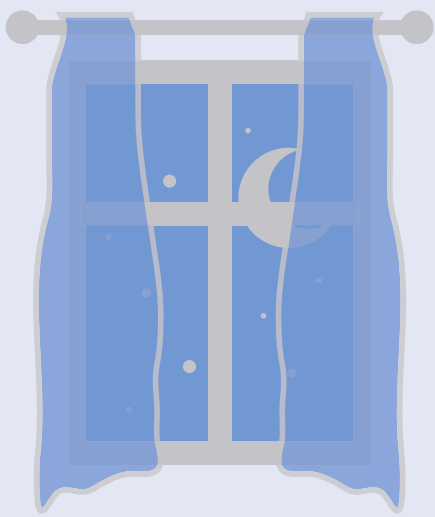


Keep it Consistent

Our bodies like a system. Maintaining a consistent sleep and wake time creates balance that trains the body to consistently release relaxation hormones at bedtime and stimulating hormones in the morning.

Minimize Electronics

At least 30 minutes before bed, avoid using TVs, computers, smart phones, and other blue light producing devices. Blue light blocking glasses and the “night shift” phone setting can also be helpful.



Create a Dark Environment

Keeping things dark at night and allowing in light in the morning can be helpful to the sleep and wake cycles we mentioned earlier. This can be accomplished with curtains, sleep masks, and even sunrise clocks.

Cool it Off

Around 68 degrees or cooler has been found to allow for an optimal sleeping environment.



Try White Noise

There are many options for this. White noise audio can be found online. Running a fan can add sound while cooling and air filters have both of these benefits and reduce allergens in the air that may affect breathing.

Healthy Habits for Sleep Throughout the Day



Get Outside

Fresh air, movement, and sunlight help our bodies regulate naturally to keep us awake. They can also be beneficial for reducing stress, all of which helps our body wind down more naturally at bedtime.

Stay Active

Regular exercise has a multitude of benefits including reducing stress. The body may also be able to fall and stay asleep more easily because it is eager to recover when more energy is expended through the day.

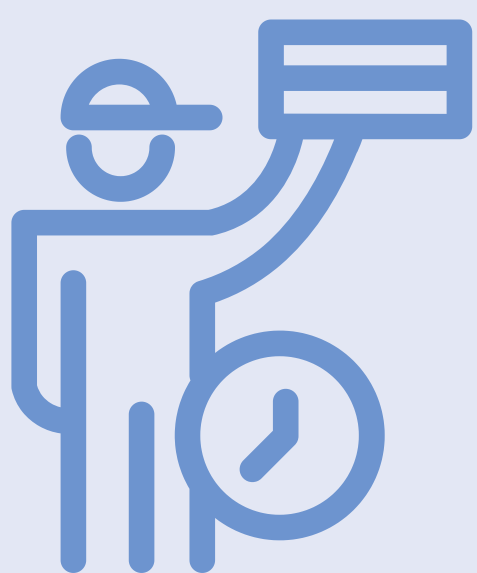


Manage Caffeine Intake

Try not to consume caffeine after 4pm (unless you're a night shift worker). This can disrupt your sleep cycle when it's too close to bedtime, making it difficult to fall and stay asleep..

Reduce Alcohol Consumption

While alcohol may make you drowsy, it also leads to waking more frequently during the night. Alcohol can also raise blood pressure and lead to more frequent urination, neither of which help while sleeping.



Time Meals Appropriately

Drinking a large amount of water right before bed can lead to more bathroom trips throughout the night. Large, heavy meals can cause stomach irritation. Small balanced meals 2-3 hours before are best.

When That's Not Enough

Creating a Bedtime Routine

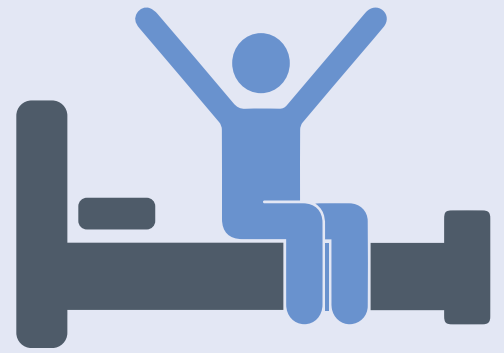


Set a Reminder

Use an alarm to remind you 30 minutes to an hour before bedtime, 8-9 hours before you need to be awake. This will give you time to wind down and get ready before getting into bed.

Stretch and Destress

Meditation and light stretching can all be great activities to get away from blue light and wind down your mind.



Read or Journal

Doing a “brain dump” or writing down all the things on your mind can help you get them off of your mind before bed. Reading can also help limit blue light exposure and create a relaxing headspace.

Take a Bath or Shower

Taking a warm bath or shower can promote relaxation by relieving muscle tension and improving blood circulation.



Reduce Clutter

Having clutter around your room can add to stress levels. Reducing this can create a more relaxing and restful environment.

We hope these tips help you! However, if you are struggling to get restful sleep, always consult your doctor to rule out additional complications