



MAKE YOUR OWN SLEEP CHECK LIST

Here is check list of tips and advice to help you improve your sleep. Choose 3 you can start from tonight, and feel free to add any other tips you heard about during the session at the bottom of the sheet. Remember, what works for one person might not work for the other, and what works one night might not work another! It's all about experimenting and monitoring how you feel.

BEDROOM

- A pleasant, calming, welcoming and well ventilated bedroom, clear of all clutter
- Create a sense of safety (whatever makes you feel safe from danger)
- Pitch black dark with black-out blinds, curtains or a comfortable eye mask.
- Control excessive noise levels with ear plugs, insulated walls or secondary glazing
- Controlled temperature between 16-19 Celsius degrees to avoid chills or sweating
- If too hot, use temperature regulating nightwear and bed sheets - Try bamboo, silk or flannel fabrics
- Use layers of blankets and duvets you can remove one by one during the night if too hot
- Use socks, electric blanket or hot water bottle if you are cold. Do not overheat the room itself.
- Change mattress (if older than 7 years, or if poor spine support). It should be comfortable and large enough for you and your partner
- Are your box spring / divan / bed frame and headboard still in good condition?
- Remove TVs, laptops, digital screens and any light emitting electronics, including alarm clocks
- Use dimmable lights or Himalayan salt lamps as bedside lighting
- If needed, decide to sleep in different room than your partner, at least temporarily!

MIND

- Choose the relaxation technique which works for you: meditation, breath works, body scan, progressive muscle relaxation, visualisation, easy reading, relaxing hobby, warm bath or shower, singing, soft music, playing an instrument etc.
- Write a list of achievements or good things that happened during the day before going to sleep. Even if it was a bad day. There is always something good to point out.
- Have a diary and pen next to your bed and if you ruminate during the night, dump your overnight thoughts, stress and worries immediately. Make sure to acknowledge and accept things you have no control over and let go.
- Write no more than 3 Must Do's for the next day so you focus on your priorities.



- If you wake up during the night and can't fall back asleep: try breathing in slowly and deeply with your stomach for 5-10 counts, hold your breath for 5-10 counts, breathe out slowly for 5-10 counts. Repeat over and over focusing on your breath until you feel fully relaxed and doze off.
- Try white noise, pink noise, relaxing sounds such as soft music, nature sounds, sleep stories, binaural sounds.

LIFESTYLE AND SLEEP HYGIENE

- Maintain strict regular wake up time, even weekends, regardless of the amount of sleep you got. And try to go to bed at the same time every night. Go to bed only when feeling sleepy, rather than forcing yourself to stay awake.
- Get an minimum of 30 minutes of outdoor daylight between 10am and 4pm, daily, even if it is cloudy.
- Reduce light intensity, relax and stop any stimulating activity 2-3 hours before bed. Switch off computers, smart phones and TVs.
- Use the bed and bedroom only for sleeping and intimacy.
- Make sure you stop drinking any liquids between 2 to 5 hours before sleep depending on your bodily processes and make sure to empty your bladder before bedtime.
- If you wake up during the night and can't fall back asleep: try getting out of bed, sit in a dark room on a chair and let your body temperature cool down until your eyes feel sleepy. Then go back to bed.
- Avoid napping or limit naps before 4pm, and no longer than 20 mins.

BODY, EXERCISE AND ALTERNATIVE TREATMENTS

- Visit your doctor to get any pain or any medical illness under control.
- Visit your doctor to address snoring or breathing issue or any unusual sleep behaviour (sleep walking, narcolepsy, restless arms and legs etc).
- Avoid intensive and exhausting work outs especially too close to bedtime, and if you do, make sure to include a proper wind down routine before bed. Instead try yoga nidra or stretching.
- Visit your local herbalist for herbal prescriptions, tinctures and elixirs for better sleep – we recommend , Valerian, Passiflora, Ashwagandha, Chamomile, Lavender, Hops and Skullcap.
- Try aromatherapy oils – we recommend Lavender, Roman Chamomile, Cardamom, Neroli, Ylang Ylang and Lemon Balm.



Explore complementary therapeutic approaches to help body and mind such as Traditional Chinese Medicine, Ayurveda, Tai Chi, Qi Gong, Hypnotherapy and Light therapy, among others. Please refer to my book “The Natural Sleeper” for a comprehensive list of options www.thenaturalsleeper.com .

NUTRITION

(note: do consult your nutritionist for personal advice and intolerances).

- Avoid skipping meals, and try to stick to 6 meals a day at regular intervals (Breakfast, Lunch, Dinner, morning and afternoon snacks).
- Eat a small non-sugary snack before bed time to avoid overnight cravings (for example: a few raw nuts or yogurt with berries or a tiny teaspoon of honey).
- Eliminate or limit stimulants such as alcohol, caffeine, energy drinks, black tea, chocolate, sweets, and sugar. Definitely avoid these at least 4-5 hours before bedtime.
- Incorporate tryptophan rich foods such as turkey, chicken, lamb, salmon, tuna, halibut, cod, sardines, shrimps, eggs, pumpkin and sesame seeds, black and kidney beans, milk, yogurt, almonds, green leafy vegetables, lettuce, cucumber, celery, tomatoes, lentils, chick peas, grains, brown rice, rye bread, oats, quinoa, bananas, apricots.
- Avoid eating large meals late at night, less than 2 hours before bedtime.
- Try supplements such as magnesium, iron, vitamin D3, Omega 3, and a vitamin B-complex.

OTHER IDEAS AND TIPS TO EXPLORE

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Any question which came to mind after the session? It’s not too late! You can email us any queries or comments at julie@LibraRisingLimited.com

More sleep info at www.WeSleep.co.uk