



**Why is sleep important?** Healthy immune system, endocrine function, neurologic functions

**Ideal.** 7 – 9 hours of restful sleep each night

**What prevents good sleep?** The most common cause is stress.

## Sleep Tips

1. Relax before bedtime.
2. Don't take naps after 3:00 PM.
3. Decrease alcohol, nicotine, caffeine consumption, and large meals before bedtime.
4. Exercise during the day but not too late in the evening.
5. Complete any planning 2–3 hours prior to bedtime.
6. If you must engage in evening screen time consider an app to shift the spectrum of light to a less disruptive. Try F.lux (IOS devices) or Twilight (Android) or dim the screen.
7. Avoid working in the bedroom.
8. Avoid stress activating stimulus and thoughts 2–3 hours prior to bedtime. Focus on uplifting thoughts.
9. Schedule your sleep and stick to the same schedule.
10. Create an ideal sleep environment with beauty, fragrance, quiet, low lighting, and appropriate temperature.
11. Consider practicing relaxation response or a meditative practice prior to sleep.
12. Create a 10–15 minute relaxing bedtime ritual such as soothing music, writing appreciations, gentle stretches, warm Epsom Salt bath or warm mini-facial. Focus on pleasant thoughts during your ritual.
13. Go to bed when you are tired and likely to fall asleep. It's normal to take up to 20 minutes to fall asleep.
14. If you wake prematurely, don't lie in bed thinking. Meditate or engage in relaxing activity. Many people find Nidra yoga particularly helpful at this time.
15. Consider a foam eye mask that blocks out light and places gentle pressure on the eyeball.

### *Special Tip on Light Spectrum:*

Light stimulation of healthy Circadian rhythm is important. Consider bright full spectrum light therapy or try to get a least 20–60 minutes of daylight early in the day and keep low lighting at night (60 watts from lamps; <200 lux from screens)

  
**Books:**

*The Buddha's Book of Sleep* by Joseph Emet

*Goodnight Mind: Turn Off Your Noisy Thoughts and Get a Good Night's Sleep* by Colleen E. Carney, PhD and Rachel Manber PhD

**On Line Courses:**

Cognitive Behavioral Therapy for Insomnia

<http://www.cbtforinsomnia.com/>

See website for training options, published materials, and cost.