

HEALTHY SLEEPING HABIT TIPS

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"Sleep is the golden chain that ties health and our bodies together. - Thomas Dekker"

Getting a good night's sleep is crucial for overall health and well-being. Here are some tips to help you develop healthy sleeping habits:

01 Before Bedtime (Wind-Down Routine)



1. Stick to a schedule – Go to bed and wake up at the same time every day, even on weekends.

2. Create a calming routine – Do relaxing activities before bed like reading, journaling, stretching, or taking a warm bath.

3. Avoid screens – Limit phone, tablet, and TV use 1 hour before bed. The blue light can mess with your melatonin levels.

4. Limit caffeine/alcohol – Avoid caffeine after 2 PM and heavy meals or alcohol 2-3 hours before bed.

02 Your Sleep Environment



5. Cool, dark, and quiet room – Ideal temp is around 60-67°F (15-19°C). Use blackout curtains, white noise, or earplugs if needed.

6. Comfortable mattress and pillows – Make sure your bed supports your sleep posture and feels good.

7. Limit bedroom activities – Use your bed only for sleep and intimacy. No work or stressful tasks.

During the Day 03

8. Get sunlight exposure – Natural light in the morning helps regulate your circadian rhythm.

9. Exercise regularly – Aim for 20-30 minutes most days, but try not to do intense workouts right before bed.

10. Avoid naps late in the day – If you nap, keep it under 30 minutes and not after 3 PM.



04 Bonus Tips

11. If you can't sleep, get up – Don't toss and turn. Try a calm activity in dim light, then go back to bed when sleepy.

12. Keep a sleep diary – Track sleep patterns, how you feel, and what might be affecting your rest.

13. Limit liquids before bed – Prevent waking up in the night to use the bathroom.



References:

1. National Sleep Foundation
2. Healthy Habits for a Good Life
3. Sleep Health Foundation
4. Stanford Center on Longevity