

Tips for a Good Night's Sleep

Plan your sleep by putting it into your schedule; plan for 7 to 8 hours sleep (so that may be 8 hours in bed if you like to read a book for example). Aim to go to sleep and wake up at the same time each day as this will help 'train' your biological clock.

- *Begin prepping for bedtime 30 minutes before getting into bed. Dim the light in the rooms you are in 15 minutes before going to bed.*
- *Avoid going to bed after 11 pm if possible, as late-hour sleep is not as restorative as earlier sleep.*
- *Avoid alcohol within three hours of bedtime.*
- *Avoid caffeine-containing beverages or foods after 2 pm; if sensitive to caffeine, avoid it after 12 noon.*
- *Avoid large meals or spicy foods before bed and finish all eating three hours prior to going to sleep.*
- *Complete any aerobic exercise before 6 pm (or at least three hours before bedtime).*
- *Avoid anxiety-provoking activities close to bedtime, such as watching the news, paying bills and checking financial reports.*
- *Take a hot bath with a drop or two of lavender oil and Epsom salts before bed to help reduce stress levels and raise your body temperature, which can induce sleepiness.*
- *If using a tablet or phone for reading, make sure they are in the nighttime setting, with the brightness as low as possible. Ideally, avoid using screen devices 30mins-1 hour before bed.*
- *Use dark window shades or consider using an eye-mask when trying to sleep, or if you awaken too early because of light.*
- *Decrease irritating noises in your space by closing windows, using ear-plugs, or using a white noise generator. Turn off or remove any appliances or clocks that make noise.*

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