

# LIGHTS OUT! SOUND ADVICE FOR A GOOD NIGHT'S SLEEP

**Day-Time Tips:** Create a daily routine that includes stress-reduction techniques whenever you feel yourself getting overwhelmed.

**Just breathe!** Sometimes we forget to step back and recognize that we're over reacting to a situation. When you feel this might be happening, stop, take a few deep breaths, and move on.

**Meditate.** This doesn't have to mean sitting on the floor in a silent room. Meditation can be just being still and listening to your breath for a few minutes, taking a walk outside, doing some reflection on your thoughts and actions of the day, or any quiet time that leaves you feeling revived and ready to tackle your next challenge.

**Live in the now.** Many people are constantly worrying about something that has happened in the past or planning and worrying or stressing about something that is coming up in their near or distant future. By living in the now, or in the moment, we can recognize that the choices we make every moment can either create positive or negative experiences. Choose a positive thought and make a choice to pay attention to where you are in the moment.

## Night-Time Tips:

Create a nightly routine that includes time to unwind and prepare yourself for a restful night's sleep.

**Keep the lights low.** With the advent of electricity, our systems are far more stimulated by light than they were historically when the sun and candles or lanterns lit our way. Turn on only the lights you need to move around after dark. Try using candles or small lamps rather than overhead lights. Limit television or computer monitor exposure as far before bed time as possible, a minimum of 30-60 minutes. Sleep in total darkness to ensure a restful sleep, using an eye mask if window coverings are insufficient.

**Set a time.** Think about what time you need to wake up the following morning and set a time about 9 hours before that to begin getting ready for bed. This allows you one hour of sleep-preparation time and 8 hours to sleep.

**Wash up.** Taking a warm shower before bed is a great way to soothe your body. If you're looking for a more intense relaxation, try a bath in Epsom salt. Complete your nightly cleansing routine as usual in this time as well.



### References:

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