

Restorative Sleep

Great sleep doesn't just happen. But deep, restorative sleep **IS** possible with a plan in place. This requires commitment and intention. And it is worth the effort given the repair, regenerative, and detox roles that sleep plays in supporting health.

The foundation for sleep success is building and practicing a bedtime routine.

Here are some ideas to consider:

During the day:

- Commit to spending 30 minutes outside - rain or shine. Exposure to the elements resets our circadian rhythms
- Build 20-30 mins of movement into your day. Exercise is one of the most potent regulators of nighttime sleep. Try it, and see how it affects your sleep quality.

1-2 hours before you want to be asleep:

- Dim the lights
- Reduce noise in the house
- Stay off electronics and screens. Use amber glasses or software like Flux (www.justgetflux.com) to block blue light if you must use screens at night.
- Develop a relaxing bedtime routine that is part of your self-care practice.
 - ▶ Do gentle yoga
 - ▶ Meditate
 - ▶ Spend quiet time with family or pets
 - ▶ Stare at the night sky to calm the nervous system
 - ▶ Play soft music
 - ▶ Read a paper book
 - ▶ Take a warm bath or shower
 - ▶ Use aromatherapy to relax
 - ▶ Write in your journal

Create a bedroom that supports restorative sleep:

- Keep the bedroom dark. Cover blinking lights. Use an eye mask if needed.
- Remove electronics from the bedroom
- Keep the bedroom quiet. Use ear plugs if needed. If your partner snores, it's time to explore if sleep apnea is an issue.
- Keep the bedroom cool. Open a window or leave doors open to air out your room.