



1. **Wake up at the same time every day** no matter when you got to bed.
2. **No daytime naps!**
3. **Optimize your bedroom:**
 - 68-70 degrees, dark
 - Only for sleep and sex
 - Keep TV / phone / tablets in another room
4. **Limit all blue light** after dark:
 - Set Apple device to "Night Shift" sunset to sunrise (Settings, Display & Brightness)
 - Install flux program on computers (<https://justgetflux.com/>)
5. **Exercise daily**, ideally outside with at least 30 minutes of bright light exposure without wearing sunglasses, AND finish at least 3 hours before bedtime.
6. **Avoid caffeine** within 6 hours of bedtime, **alcohol** within 2 hours of bedtime.
7. Establish a **daily relaxing ritual** to start at least 1 hour prior to bedtime.
 - A warm bath – try adding 2c Epsom Salts, 1c Baking Soda, 1 tsp Lavender essential oil, and soaking at least 20 minutes
 - Reading fiction
 - Listening to audiobooks or soothing music with “sleep mode” timer
 - Slow walk, meditation or prayer.
8. Continue relaxing activities outside of bedroom until tired, then can go to bed. If not asleep after about 30 minutes, leave bedroom at least 30 minutes and continue relaxing activities until tired, then repeat.
9. **Set up a regular late afternoon / early evening ritual of writing down all to-do's** prior to starting your relaxation ritual—can prevent mind wandering to “to-do list items” in bed.
10. **Helpful herbs and supplements** include:
 - Bedtime teas: Soothing caramel Yogi Bedtime, Sleepy Time, Rooibos, Chamomile
 - Magnesium Glycinate or Chelate 2 caps (300mg) every evening (citrate and oxide forms may increase bowel movements)
 - 3mg sublingual dissolvable melatonin just prior to entering bedroom