

Tips for Improving Your Sleep

Two questions to keep in the back of your mind:

- "Wow, I had a great nights sleep! What did I do yesterday that helped make this happen?"

- "Wow, I'm tired as hell and slept like crap. What did I do yesterday to make this happen?"

1 YOUR SLEEP SANCTUARY

First, find a mattress that you love! Second, eliminate all sources of light in your room - whether that be from right outside your window or from the devices in your room. Third, make sure your room is set at a cool temperature.

2 SET YOURSELF UP FOR A GREAT NIGHT'S SLEEP FROM THE MOMENT YOU WAKE UP

Do your most stressful tasks earlier in the day and the least stressful as the day goes on. This will make sure that, by the time it's time for you to go to sleep, your cortisol levels drop and melatonin levels rise.

3 CAFFEINE INTAKE

Try to drink your caffeine in the morning, not have more than 300mg/day, and cut off your caffeine somewhere in between 12-3pm to avoid throwing off your sleep.

4 WORKING OUT

When you train, you regulate cortisol and down-regulate melatonin. To avoid not being able to fall asleep or have restless sleep, avoid training (high intensity) close to when you'd call it a night.

5 FOOD

This is case-sensitive because everyone is different. Find what works for you and helps you sleep well.

6 WATER INTAKE

Drink more water earlier in the day and less as the day goes on. Why? So you aren't waking up to use the restroom in the middle of the night.

7 BLUE LIGHT GLASSES

These are a necessity if you're someone who looks at a screen 2-3 hours prior to bedtime. Personally, I recommend ones from Felix Gray.

8 DECREASING TECHNOLOGY USAGE

Focus on winding down. Take a journal or notepad and write out your thoughts - whether that be how your day went or what you want to accomplish tomorrow.

9 A CONSISTENT SLEEP SCHEDULE/PRE-BEDTIME RITUAL

Our bodies love patterns. Be consistent with your routines 1-2 hours before going to sleep. This will help you increase melatonin production and reduce cortisol levels.

10 SUPPLEMENTATION

I take Natural Calm, which is a Magnesium Citrate, to help me wind down at night. Remember that this is to simply to supplement the previous 9 points.