

REALHEALTH MD

Recipe for sleep:

- ◆ As soon as you can when you wake in the morning, get exposure to sunlight.
- ◆ Exercise during the day. The earlier the better.
- ◆ Have repeated exposures to sunlight during the day (walk the dog...)
- ◆ Limit caffeine, especially in the afternoon and evening.
- ◆ No food within two hours of bedtime. Try not to eat after dark. Dinner should be low glycemic.
- ◆ Melatonin can be helpful for some. Should be taken at dinnertime.
- ◆ Watch the sunset. It signals your brain that it's time to prepare for sleep.
- ◆ Limit your exposure to light, especially blue light, after the sun is down. Wear blue light glasses after sun down.
- ◆ Make your bedroom a welcoming sleep environment.
- ◆ Make your bed comfortable with a proper mattress, sheets and pillows that are soft and to your liking.
- ◆ Cool your bedroom. Our bodies need to cool down to sleep.
- ◆ Try to go to bed and wake up at the same time every day, even on weekends.
- ◆ Be in bed, ready for sleep by 10:00. Our bodies have a natural sleep override after that.