

Sleep Cheat Sheet

Routine

- Hit the gold standard “Off gadgets at 9, Bed by 10, asleep by 10.30” as many nights as possible...bring it forward 30 mins every few nights if need be.
- Don't try to catch up at the weekends
- The body needs routine: Try to go to bed and wake up at the same time each day – *even a late routine is better than no routine.*
- Write a journal if your mind races at night
- Have a warm bath – the rise in core temperature can induce restful sleep.
- Add Epsom Salts – soak for 15-20 minutes and dry naturally so you absorb the minerals.

Environment

- Keep the bedroom a work free, gadget free zone, so no electrical gadgets – ipads, phones, TV's etc. Even an alarm clock if the light is very bright.
Remember! Artificial light (Blue Light) disrupts the circadian rhythm and disturbs production of melatonin and serotonin.
- Use sleep masks if you have artificial lights in your room.
- Keep the bedroom for sleep and romance only!
- Get your kit off! Tight clothing has been shown to reduce melatonin production by up to 60%.
- Wear bed socks – especially if you suffer from poor circulation.

Diet & Lifestyle

- Lose weight – especially if you have sleep apnea.
- Avoid alcohol and sleeping tablets, they DO NOT help you sleep better but prevent you entering the deeper stages of sleep when the body repairs itself.
- Have a small portion (about a fist) of starchy carbs such as sweet potato, parsnips, butternut squash etc.
Remember! Aim to stay within your 100-150gm range - have your main portion at night & keep this meal lower in fat.
- Avoid Caffeine after 2
- Try to eat by 8pm at the latest, & is ideal!
- Then fast 12 hours7pm to 7am for example.
- Avoid drinking too much fluid in the evening.
- Supplement with Magnesium Glycinate or Malate 200-400gms or the Better for you magnesium spray an hour before bed.

Exercise

- Exercise daily.
- Avoid aerobic exercise after 7 - *It will stimulate the body and increase cortisol levels.*
- Get daylight for at least 20 minutes a day – sunlight triggers your brain to release specific chemicals and hormones such as melatonin that are vital to sleep, mood and aging.

