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Top 10 “Sleep Hacks”

1. Go to bed at a time that allows you 7-8 hours of sleep before you need to get up in the morning. Keep the same wake-up time every day – even on weekends – to allow the body to develop a routine.
2. Set a time one or (better) two hours before your bed time to turn off all electronics (computer, cell phone, even TV if you can). Read a book, listen to relaxing music, talk to your significant other or a friend instead.
3. Do not drink alcohol to try to help with sleep. You may fall asleep faster, but your sleep quality will be disrupted. Use a supplement instead if needed (e.g. Melatonin, Valerian root, L-Theanine, Magnesium-glycinate...)
4. Make a to-do list. Write down the things you didn’t get done, things to-do, deadlines, and floating thoughts on a sheet of paper so you can stop any racing thoughts that keep you awake at night. Review the list in the morning and cross out any items that you find are not necessary to reach your personal and professional goals.
5. Sleep in a dark room. Any light (even street lights shining in) will disrupt your sleep
6. Sleep in a cool bedroom. 65-68F (16-18C) are optimal. Use bedding that doesn’t make you sweat in bed (e.g. down, silk)
7. Change your mattress every 10 years. An old mattress can cause you to wake up in pain during the night or in the morning. Get a mattress that supports your body but doesn’t feel too hard.
8. If you shower in the morning, finish with cold water. That helps reset your adrenal hormones and makes you feel awake and energetic. (If you shower at night or have a bath, finish warm)
9. Count your blessings. Take some time each night to reflect on the good things in your life. Keep a journal with a list of what went well and things you are thankful for each day.
10. Diffuse relaxing essential oils or put a drop of your favorite oil on your pillow or pyjama (e.g. lavender, chamomile) and/or drink an herbal tea (e.g. chamomile, valerian, hops)