



21 Tips to Sleep Better

By Shawn Stevenson

1. Know the value of sleep. It's critical to your mental health!
2. Get sunlight during the day (check your vitamin D level)
3. Avoid electronic screens (computers, phones, television) one full hour before bed
4. Use a blue light blocker to eliminate the problems from a computer screen
5. Have a caffeine curfew (stop at 4:00pm, sensitive-by noon)
6. Be cool-ideal room temperature is around 68 degrees
7. Get to bed on time-Humans get the most significant hormonal secretions and recovery by sleeping during the hours of 10:00pm and 2:00am. This is what is called "Money Time"
8. Use high quality magnesium-great for stress, relaxes muscles, balances blood sugar, reduces pain and calms the nervous system
9. Bedroom Blackout
10. Any source of light in the room will disrupt your sleep and sleep mask do not help completely! Your skin has light receptors which sends messages to your brain and organs.
11. Create a sleep sanctuary (three things that make your space peaceful and relaxing)
12. Have a big "O". Yes, have an orgasm before bed and dramatically improve your sleep!
13. Get your workout on! Try to exercise for at least 30 minutes per day!
14. Remove all electronics out of the room
15. Have a high protein, low carb snack (90 minutes before bed)
16. Make sure you're warm enough! Use socks or gloves for your feet and hands if needed!
17. Avoid alcohol right before bed! Sleep makes you smarter, but alcohol can stop your brain from restoring by interrupting your sleep.
18. Calm inner chatter-try mindfulness practices like meditation, deep breathing or even a bubble bath
19. Try Supplements- chamomile tea, kava kava, valerian root
20. Early to rise- wake up with the sun
21. Try movement, get grounded and connect with the earth

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