

Sleep Hygiene Resources

1. 🕒 Routine: Align with Your Circadian Rhythm

- Consistency is key – Wake up and go to bed at the same time each day.
- Prioritize your wake-up time – It's more impactful than a consistent bedtime.

2. ☀️ Light Exposure: Reset Your Internal Clock

- Your body's master clock (SCN) in the hypothalamus is highly sensitive to light.
- Blue light from screens suppresses melatonin – limit screen time 1 hour before bed or use blue-light blocking glasses.
- Sunlight during the day strengthens your circadian rhythm:
 - Aim for 15 minutes of direct morning sun exposure daily.

3. 🥤 Nutrition for Better Sleep

- Hydrate upon waking – Drink 8–12 oz of water to offset overnight fluid loss.
- Sleep-disruptors: Alcohol after 10 PM can interfere with deep sleep.
- Sleep-supportive foods:
 - Melatonin-rich: Tart cherries, kiwi
 - Magnesium & zinc: Almonds, walnuts
- Herbal teas for relaxation: Tulsi, chamomile, passionflower, lavender

4. 🛏️ Sleep Environment

- Keep electronics out of the bedroom.
- Use blackout curtains to block outside light.
- Consider a white noise machine for soothing ambient sound.
- Set your bedroom temperature between 60–67°F.

5. 💊 Supplements (Use with caution; not FDA-regulated)

- Melatonin (0.5–1mg): A sleep regulator; takes ~90 minutes to be effective
- Valerian root: Herbal calming aid
- Magnesium glycinate (100–350mg): Supports GABA and reduces anxiety

- 5-HTP (100–300mg, 30–45 min before bed): Boosts serotonin and melatonin; may reduce night waking

6. Behavioral Strategies

- Progressive Muscle Relaxation: Scan body from head to toe, tensing then relaxing each muscle group
- Brain Dump Journal: Keep bedside—write any thoughts to release mental clutter
- Bedtime stories: Try relaxing audio on YouTube, Spotify, or Calm
- Orgasm: Promotes oxytocin, endorphins, and prolactin for deep relaxation
- Evening Routine: Create a calming wind-down ritual 1 hour before bed (dim lights, gentle music, reading, warm bath)

7. Additional Tips

- Avoid large meals and heavy drinking 2 hours before bed
- Limit caffeine after 2 PM
- Skip high-intensity workouts within 4 hours of bedtime
 - (Some people find light evening exercise helps—know your body!)
- Avoid stimulating content and loud noise before bed
- If you wake in the night: Don't check the clock. Use gentle self-talk to ease back into sleep