

Sleep Hacks



1. Get outside for a dose of unfiltered sunlight on your skin and eyes between 6-8:30am.
2. Exercise in the morning
3. Reduce or Eliminate Caffeine
4. Get adequate Magnesium
5. Use red, dim or candlelight at night before bed.
6. Fresh air – open window, potted plant or ionizer in bedroom.
 - a. English Ivy - absorbs Formaldehyde
 - b. Perennial Snake Plant - releases oxygen at night.
 - c. Jasmine or jasmine essential oil
7. Sleep in a cool, dark room with the curtains closed.
8. Electronics in their place.
 - a. Turn off notifications.
 - b. No screens at least an hour before bedtime.
 - c. Remove electronics and WiFi devices from the bedroom.
 - d. Take off your activity tracker before sleep.
9. Clear your head by writing down ruminating thoughts before tucking in.
10. Practice journaling gratitude before bed.

11. Nighty Night by 10pm