

SLEEP HYGIENE



How to Improve Your Sleep

Improving your sleep is one of the most critical factors in reducing symptoms and optimizing health. These recommendations are the strategies we have found to be most effective. Changing sleep habits can take some time, so challenge yourself to make changes for at least a month to get the best results.

- **Get enough Sleep** - Many people need around 7 hours of sleep. However, patients who have been chronically ill may need 9-10 hours in order to heal. Work on your schedule to give yourself enough time to sleep. A sign you've gotten enough is waking feeling rested in the morning.
- **Space Dinner and Bedtime** - You have the most restorative sleep when you're not digesting food. Space bedtime and dinner by 2-3 hours.
- **Commit to a routine** - Do your very best to go to bed and wake up at the same time each day to give your body the proper cues to initiate a deep restful sleep.
 - Creating a regular ritual such as combining sleepytime tea and a book can be helpful to create a habit and promote consistency.
- **Create a calm nighttime environment**
 - **Avoid screens and electronics** - (phone, tablet, computer, TV) Limit use an hour before bed. If you can't avoid screens, we recommend that you wear orange tinted glasses that block blue light an hour before bedtime. An inexpensive brand that works well is "Uvex Skyper Blue Light Blocking Computer Glasses."
 - **Relax** - Many patients find that reading is the perfect activity to calm their body and mind.
 - **Try meditation** - Many patients benefit from regular use of a meditation app before bed like "Waking Up," "Headspace," or "Calm."
- **Adjust light exposure** - You require blue light exposure during the day and darkness at night to get the most quality rest.
 - Please walk for 20-30 minutes outside daily to set your circadian clock for "daytime".
 - Dim the lights in your home when the sun goes down, and consider putting on blue light blocking glasses.
- **Exercise regularly** - Exercise, specifically low intensity cardiovascular training or Zone 2 exercise, has been shown to significantly improve sleep outcomes. If you're not exercising regularly, please slowly begin incorporating some form of cardiovascular exercise that you enjoy into your routine.
- **Other tips:**
 - Avoid alcohol before bedtime as it significantly disrupts sleep quality.
 - Try a weighted blanket.
 - Use a sound machine for white noise
 - Lower the temperature of your bedroom, or take your feet out from under the blankets. Your body requires a temperature drop to initiate sleep. A hot shower or bath 15-30 minutes before bed is often helpful as it opens up blood vessels allowing your temperature to drop quickly.

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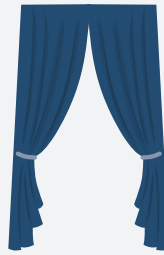
Dr. Michael Ruscio, DC
Get Healthy - and Get Back to Your Life



Get Enough Sleep



**Space Dinner
& Bedtime**



Adjust light exposure



**Lower the temperature
of your bedroom**



Avoid screens & electronics



Try Meditation



**Avoid alcohol
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Other Recommendations / Next Steps

Our practitioners are happy to discuss other tools that can help if you're still having trouble getting restful sleep.