

# 10 WAYS TO IMPROVE SLEEP QUALITY



## 1 CONSISTENT BEDTIME

A regular bedtime routine can decrease your risk for cardiometabolic diseases such as high blood pressure, sugar, and cholesterol levels. Set an alarm as a reminder to get in bed. If you have a huge jump you want to make in your bedtime, move your bedtime back incrementally.

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## CONSISTENT WAKE UP TIME

A consistent wake up time, even on the weekends, helps maintain your body's regular circadian rhythm. It anchors your day as well as develops a stronger sleep drive for going to bed in the evening. Pick a wake up time that fits whether you are a morning or night person.



3

## KEEP THE ROOM COOLER

If you wake up hot at night, consider dropping the temperature at night. You can adjust the thermostat, use a fan, and/or open a window. Also, use lighter sheets and blankets. The ideal bedroom temperature for sleep of most people is 65 degrees fahrenheit.



4

## USE A SNUGGLE ITEM

Snuggling with something can make you feel safer and therefore sleep better. Try extra pillows around you or a weighted blanket, which have shown to reduce anxiety and stress. Or use your favorite cuddly bear. Apparently around 40% of adults sleep with a stuffed animal.



5

## MAKE THE ROOM DARK

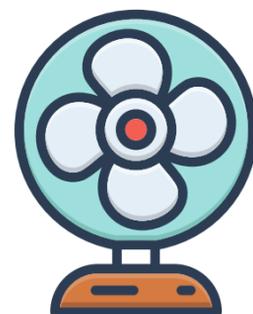
Maybe too much light is keeping you up. Consider removing or covering anything that creates or reflects light. If your bedside clock lights up, flip it to lay face down. Change your curtains to blackout. Keep your bedroom door closed if there is any light from the hall.



6

## USE WHITE NOISE

If you find inside or outside noises wake you up, you may want to try a white noise app or clock. This may be helpful when trying to get good sleep while traveling. Also, a fan can help block out extra noise. The goal is to create a successful sleep environment.



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## READ A REAL BOOK

The blue light from screens decreases the release of melatonin, making it harder to get tired. Give yourself a cut off time from screens and pick up a real book or an e-reader that is not on a tablet or phone. You could also use that time to write in a journal.



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## DRINK LESS ALCOHOL

Next time you have a couple of drinks, take note of how you sleep. Compare it to your sleep when you don't have any drinks. Desiring to have alcohol every or most nights is a habit that has developed and you will need work on retraining the brain to desire differently.



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## NO CELL PHONE BY THE BED

Not having your cell phone by your bed at night doesn't mean you can't keep it in your room with you. Just choose to put it someplace else. So you won't miss an emergency call, add those contacts to your favorite list so if they call, you will still get it even if your phone is on do not disturb.



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## STOP USING THE SNOOZE

Using the snooze alarm repeatedly startles the heart which can cause damage over time. To make the change to not using the snooze, set your alarm for later, put your alarm clock in a different part of your room, or get an alarm clock that requires extra work for you to turn it off.

