

# Seven Tips to Sleep More Soundly



Simple Health

1. Exercise daily – cardiovascular and weight regime along with nightly stretching
2. Nutrition – limited carbohydrates with balanced protein and vegetables
3. Control Sleep Environment
4. The temperature of room 68 to 70 degrees F (20 to 21 C)
5. No clutter in the bedroom
6. No electronic devices in the bedroom including television, telephones, or computers/iPads.
7. Humidifier
8. Air purifier at foot of the bed
9. Light meal before bed
10. No electronic devices 1 hour before bed
11. Bedtime Rituals – This signals your body and mind that it is time to sleep and includes: Washing your face, brushing your teeth, lay out gym clothes and work clothes for the morning, meditation/prayer, and listening to soft music at bedtime
12. Go to bed the same time every night and get up the same time every morning

