

SLEEP DOES THE BODY GOOD



SLEEP STRATEGY

Make Sleep A Priority!

01

Establish a bedtime routine giving your body the message that it is time to wind down for the night and prepare for sleep. Strive to be in bed by 10pm to work with your bodies natural rhythms. This will avoid you getting a second wind and unable to sleep until 1 or 2am.

02

Get outside! Sunlight on your face each day will help to improve your sleep each night. You want unfiltered light without sunglasses and sunscreen. Twenty minutes of sunlight will help boost your bodies Vitamin D and melatonin production, which later will help you sleep better.

03

Limit technology in the evening. Go screen free for 30-60 minutes prior to sleep time. This will reduce the white and blue light that triggers the brain to stay awake. Finish email and work items earlier in the evening so as to not disrupt your sleep or activate a worry loop that you can't turn off.

04

Check your diet. Limit caffeine intake after 2pm. Don't eat a heavy meal just before bed. If you have frequent 2am wake periods, try adding resistant starch to your evening meal. Resistant starch options: 1/4 cup beans; 1/4 cup of potatoes or rice (boiled, cooled, then reheated); or 1/2 green banana.

05

Keep your bedroom a sleep sanctuary. Don't do work or check email in bed. Keep the room cool and dark for sleep. Limit electronics in the bedroom. If you have a clock, make sure the numbers are red or amber instead of white, which can trigger your brain to wake up.

✓ SLEEP FACTS

- The CDC recommends 7-9 hours of sleep each night
- Sleep is as important as diet & exercise
- Inadequate sleep is associated with higher rates of mortality
- 46.5% say they have had to sacrifice sleep for their work

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