

LAWRENCE FRANCIS

HARDWIRING A HEALTHIER LIFESTYLE

Sleep Better Guide

Avoid stimulants after 3pm.

- Don't drink anything that gives you a buzz after 3pm in the afternoon
- You may need to push this back to 2 or 1pm to see a difference.

Develop a sleep routine.

- Consider structuring your countdown to sleep. E.g.
 - Get into bed around 30 minutes before the time you want to sleep.
 - Brush your teeth an hour before you want to sleep.
 - Close your laptop and put your phone in silent mode 90 minutes before sleep.
 - No harsh lighting in your house less than two hours before sleep.

Ask yourself: Do I ever wake up because I'm too cold (or hot)?

- Ensure that your bedclothes are warm (or cool) enough for the whole night, remembering that our body temperature is at its lowest around 4am.
- Adjust heating or cooling so that the ambient temperature is maintained all through the night.

Create a dark, silent space for sleeping.

- Cut out all possible sources of light and noise with heavy curtains and blinds.
- Keep all electronic devices far away
- Wear a comfortable sleep mask and earplugs

Watch your drink.

- Reduce the amount you drink within two hours of sleep.

Discover your Metabolic Type.

- Protein Types sleep better when eating as little as 2 hours before bed.
- Carbohydrate Types tend to do better eating as much as 4 hours before bed.

Get some help.

- Try 'Celestial Seasonings Sleepytime Herbal Tea'.

Face your stressors.

- If you can face your fears and stressors during the day.
- Journal your thoughts so that you signal to the brain you've written your fears and plans of action down so it doesn't need to keep thinking.