



Nourishing Ways Center

Your Ultimate Path To Wellness

810-588-2324 Brighton, Michigan

Take Control of Your Sleep Recommendations

- Aim for 7-8 hours of sleep every night.
- Get to bed around 10pm at the latest. This time is ideal to help recovery of adrenal stress to the body
- Go to sleep and wake up the same time even on weekends to help your circadian rhythm.
- If you must nap, make sure it is 30 minutes or less.
- Avoid caffeine after 3pm and alcohol after dinner. This can disrupt your cycle.
- Turn off computers, ipads, cell phones at least 1 hour before bed. Your eyes will think that you are in daytime mode making it harder to fall asleep and stay asleep.
- Keep the lights dim before bed, so that melatonin will be released from the pineal gland.
- Get a face mask, if needed or room darkening shades.
- Make a to-do list before bed, so you aren't up in the middle of night thinking about it.
- Keep the bedroom dark and quiet. Keep your alarm clock at your feet, so the light doesn't keep you from falling or staying asleep.
- Get some sunshine upon awaking to regulate day and night schedules
- Exercise regularly. This will help improve sleep quality. Men tend to do better in the evenings and women in the morning due to serotonin and dopamine production.
- Staying in bed with your head on the pillow for a minimum of 5.5 hours and not getting up to go to the bathroom to help restore adrenal health.

