

MASTER YOUR SLEEP

CHEAT SHEET

Countdown to Bed

What time is bedtime?
Keep it the same each night

6 Hours Before

No caffeine or cigarettes

Aim for the last caffeine drink 12 hrs before bed



4 Hours Before

No more alcohol



2 Hours Before

No more exercise

Watch out for memory foam - It can overheat you!



1 Hour Before

No more fluids

No more work

Only sleep and sex in bed!



Start Wind Down

Put on pajamas

Prepare for the next day

Enjoy a warm bath or foot bath



30 Minutes Before

Read

Listen to music

Breathing meditation

Progressive muscle relaxation

Do it lying down & keeps light dim



Bedtime

Adjust thermostat 68-74

Use fan to help feel cool

Lights out, TV off

Use eye covers to keep the room black

Cover LED displays

Your mind still "watches" TV while you sleep

Your eyes see light through your eyelids



It should only take 15-30 minutes to fall asleep

Natural Remedies

Melatonin - regulates sleep wake cycle. Good for keeping you on a schedule.

Valerian Root - mildly sedating. May need to take for a few weeks to see effect.

Kava - Caution, may interact with your other meds and cause liver inflammation.

HTP and Tryptophan - can also help with depression and anxiety. Don't get any imported from outside the US.

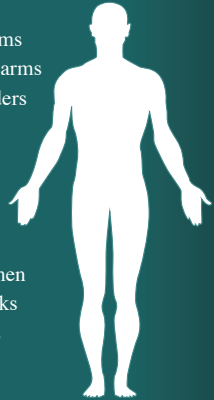
Chamomile - Be careful if you have allergies or take other blood thinning agents like high dose Vitamin E or Coumadin or aspirin.



Progressive Muscle Relaxation

Contract muscle groups then relax them

Hands
Forearms
Upper arms
Shoulders
Neck
Jaw
Eyes
Scalp
Chest
Abdomen
Buttocks
Thighs
Calves
Toes



Taking more than 30 minutes to fall asleep?



Don't stay in bed.

Go to another quiet room.

Engage in relaxing activity until you feel drowsy then return to bed.

If your mind is busy, write out your thoughts on a problem-solving worksheet.

Typical Inaccurate Assumptions

All or Nothing

Catastrophizing

Emotional Reasoning

Discounting the Positive

Overgeneralization

Mind-Reading

Should Statements

Misattribution

Those pesky thoughts that steal your sleep

