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Good Sleep Hygiene Checklist

- Turn off the TV and Cell phone at least 1 hour before bedtime.
- Put phone in Airplane Mode to disable WIFI that can alter your sleep patterns.
- Stop using computer within 2 hours of bedtime.
- Stop eating within 3 hours of bedtime.
- Dim the lights in the evening to stimulate melatonin.
- Avoid intense exercise after 8pm.
- Use meditation and visualizations before bed to decrease cortisol.
- Exercise or outdoor activity early in the day (before 1pm).
- Turn off bright lights as soon as possible after sunset.
- Install blackout curtains to eliminate light.
- Turn down the temperature to at least 68, lower if needed.
- Sleep with an eye mask to dim the lights. My favorite eye mask is [here](#).
- Sleep with ear plugs for animals, snoring spouses, or if you are a light sleeper.
- *Catch the "Angel Train" by getting the best sleep which happens between 10pm and 12am.
- Implement a healthy nighttime routine:
 - Hot shower or bath
 - Reading in bed
 - Playing guitar
 - Meditating
 - Yin yoga

Catching the Angel Train, according to Dr Sara Gottfried, means that every hour of sleep you get before midnight counts for two hours after midnight.

You will feel more rested and more alert sleeping 10pm-6am than if you sleep from 12pm to 9am. You have to give this a go!

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