



## **How to Get a Good Night's Sleep**

*Preparing for good sleep:*

- Find your ideal sleep schedule by going camping
- Invest in a good mattress

*When you wake up and during the day:*

- Stick to a consistent sleep schedule - even on weekends
- Wake up at the same time every morning
- Never hit the snooze button
- Expose yourself to bright light as soon as you get up
  - Try the goLITE BLU if waking when it's still dark
- Exercise every day
- Try intermittent fasting
- Cut off caffeine by early afternoon

*Before bedtime:*

- Avoid blue light (electronics) - in fact, dim all lights
  - Download [f.lux](#) or [Twilight](#) (for Android)
- Take melatonin and/or ZMA supplements
- Establish a consistent bedtime routine
  - Shut off devices
  - Put on PJs
  - Brush teeth
  - [Read a paperback](#) / [journal](#)
- Take a hot-to-cold shower (starts hot, but ends with a few minutes of cold)

- Have a carby snack
- Avoid alcohol before bed

*Getting to sleep:*

- If you can't fall asleep within 20 min, get up until you are sleepy
- Keep things chilly (60-67 degree F)
- Make sure your room is pitch black
- Add white noise
- Try progressive muscle relaxation
- Get a Nightwave Sleep Assistant

[Read the full article here.](#)