

STRATEGIES FOR SLEEP HYGIENE

Getting enough sleep is essential for performance and recovery. Help improve your overall sleep hygiene with these tips.

Three Components for Good Sleep Hygiene

Quantity:

Adults should get 7-9 hours; adolescents should aim for 8-10 hours each night.

Quality

Improve sleep quality by limiting technology use, caffeine, and alcohol consumption before bed.

Timing

Aim for consistency with sleep and wake times; sleep with your natural rhythm (early bird vs. night owl).

Sleep Routine

Healthy Sleeping Tips:

- Aim to get the same amount of sleep every night, including weekends.
- Try scheduling workouts or weight training sessions for late AM or throughout the day to promote natural melatonin.
- Establish a good pre-sleep routine (breathing techniques, meditation, reading, etc.)

Note: Consult your physician before beginning to take a sleep supplement.

Napping

Resting Tips

- Try 20- to 30-minute naps to help get the rest you need.
- Limit naps to no more than 30 minutes to avoid going into deeper stages of sleep, which could cause drowsiness.
- Plan your naps to take place between 1-4 PM.

Supplements + Diet

Nutrition Tips

- Small doses of melatonin (0.5mg) can be helpful for jet lag and evening types but commonly contain levels that differ from what is listed on the label - look for a high-quality supplement or opt for a whole-foods approach instead.
- Magnesium and Tart cherry juice supplementation may also help aid sleep.

NAP TIP 1: "The Nappuccino"

Consider drinking a bit of caffeine immediately before a short nap. The caffeine will become active while napping and may result in feeling more alert after waking.

Note: Ensure caffeine consumption take place at a time that does not hinder your ability to fall asleep at night



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