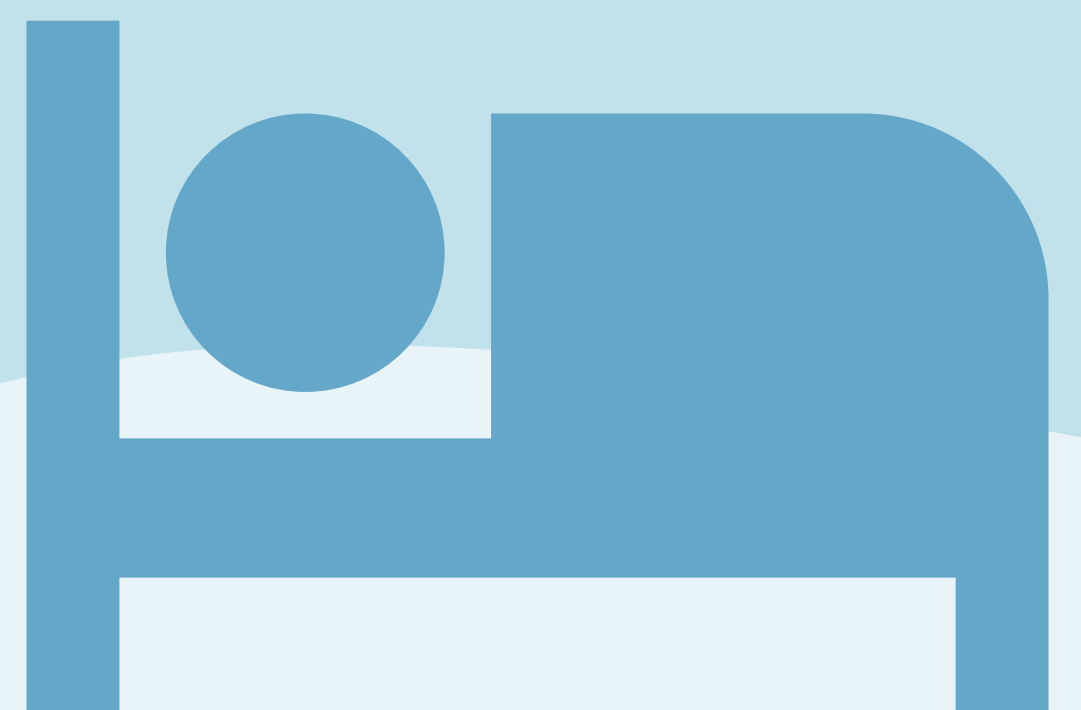


SECRETS TO OPTIMAL SLEEP

- 1** Use the bed and bedroom for sleep only. This trains the brain to associate the bedroom with sleep and helps you fall asleep quickly.
- 2** The next step to the sleep of your dreams is to set your wake-up time. Make sure it allows you enough time to eat a wholesome breakfast and get ready for the day without feeling rushed or time-stressed. Get up at that time everyday including weekends no matter what happens during the day or night. Make sure you use an alarm so you don't oversleep.
- 3** Create a relaxing pre-sleep ritual that takes 45 minutes to one hour to perform. The ritual should be a set of routine activities that you can repeat before every sleep period in the same order. For example, eat a light snack, brush your teeth, shower, pick your clothes for the next day, lock the outside door, and then read. Make sure you choose a very relaxing activity to perform at the end of the ritual, like reading. Do not talk on the phone, watch TV, surf the internet, use a tablet or any other technology or review the next day's agenda at any point during your pre-sleep ritual. Continue the last relaxing activity until you feel drowsy.

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SECRETS TO OPTIMAL SLEEP

- 4 Count backwards from your wake-up time about 9 hours. Set this time as the beginning of your pre-sleep ritual. Always start your bedtime ritual at this time.
- 5 Wait until you are drowsy before you lay down in bed. Don't force or try to sleep, just let it happen. When you fall asleep quickly, your mind and body learn to associate the bed and the bedroom with sleep and not lying there awake. This means that the last step of your ritual must be completed outside of the bed and preferably bedroom and you must continue it until you feel drowsy.
- 6 When you finally do feel drowsy, crawl into bed, and do so with the intention of falling asleep quickly. Allow sleep to come over you. If you do not feel yourself falling asleep within 10 minutes, get out of bed and return to the last relaxing step of your pre-sleep ritual.
- 7 Continue this relaxing activity outside the bed and bedroom for at least ten minutes, and then see how you feel. If you feel drowsy or sleepy, then return to bed, if not, wait until you do before crawling back into bed.
- 8 Repeat steps 5 to 7 until you fall asleep.



SECRETS TO OPTIMAL SLEEP

- 9 When you can't fall back to sleep in the middle of the night or early in the morning, get out of bed and repeat steps 5 to 7.
- 10 Remove the stress of your bedroom clock by putting it in a drawer so you can still hear the alarm but you cannot see the time. Clocks create too much time pressure.
- 11 Within 30 minutes of waking up, expose your eyes to bright light from indirect sunlight or from a bright light therapy unit for 30 to 45 minutes.
- 12 During the day, do not nap or lie down at all unless you are taking a safety nap.
- 13 Here's a hard one, remove all caffeine from your regular diet. This includes chocolate! If you can't, then refrain from consuming anything containing caffeine after 11:00 am or 3 hours after waking up. Caffeine should only be used as a fatigue countermeasure or personal fatigue prevention strategy.



SECRETS TO OPTIMAL SLEEP

- 14** Do not drink alcohol within 4 hours of your pre-sleep ritual.
- 15** If you smoke, of course you should quit. If this is not possible, then refrain from smoking 4 hours before your pre-sleep ritual. Do not smoke in the middle of the night if you wake up and can't get back to sleep.
- 16** Exercise regularly; make sure you have finished your exercise at least three hours before your pre-sleep ritual.
- 17** Make sure your bedroom is conducive to sleep. This means it should be very dark, quiet and between 17 - 22°C with humidity between 30 & 50%.

