



# recover**RIGHT**

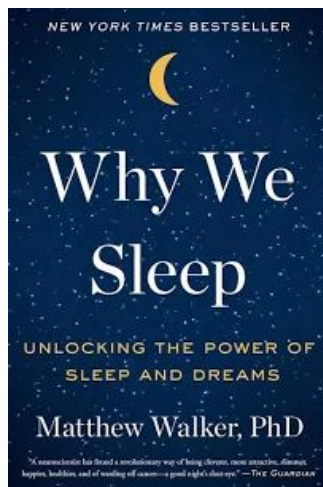
*Resource guide*

## “GOLD STANDARD” SLEEP

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**QUANTITY:** 7.5 - 8.5 hours of sleep per night

**QUALITY:** 3.5 - 4 hours of deep sleep (NREM + REM); sensation of waking well rested.



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There is does not seem to be one major organ within the body, or process within the brain, that isn't optimally enhanced by sleep (and detrimentally impaired when we don't get enough.”

-Dr. Matthew Walker

# SLEEP HYGIENE TACTICS



Sometimes, getting MORE sleep isn't the answer, isn't reasonable, or isn't happening despite conscious effort. Below is a list of 12 tips that help improve **SLEEP EFFICIENCY**, to get more out of the hours that we DO have in the bed. Pick one, monitor your body's response (either through formal sleep tracking, or keep a log of how well rested you feel the next day), and then work your way through until you find the right combo for you!



## SLEEP HYGIENE TIPS

Sleep plays an essential role in optimizing health and well-being. Conversely, inadequate sleep can cause a whole host of negative mental and physical side effects.

Incorporate the below tips and techniques to ensure you get a great night sleep and wake up feeling revitalized to take on the day!

 <b>GO TO BED AND GET UP AT THE SAME TIME EVERY DAY</b>  This sets your body's internal clock to optimize the quality of sleep.	 <b>DON'T USE A TABLET OR PHONE IN BED</b>  White or blue light interferes with the release of melatonin which provides the signal to sleep.
<b>MAINTAIN A NIGHT-TIME ROUTINE</b>  Winding down and learning to relax is an important part of preparing for bed.	<b>DON'T STAY INDOORS ALL DAY AND AVOID EXERCISE</b>  Exposure to the elements help regulate your body clock.
<b>AVOID ALCOHOL, CAFFEINE AND SMOKING</b>  These stimulants disrupt your sleep, especially if consumed close to bedtime.	<b>DON'T EAT HEAVY MEALS BEFORE BED</b>  Eating boosts your metabolism making it hard to fall asleep and also sleep well. However, don't go to bed hungry either.
<b>BE PHYSICALLY ACTIVE</b>  Exercise helps you sleep better. Schedule high-intensity workouts earlier in the day and avoid exercising too close (within 3 hours) to bed time.	<b>DON'T GO TO BED WHEN YOU'RE NOT TIRED</b>  This means you'll be frowning and furling and getting frustrated that you're not falling asleep.
<b>INVEST IN YOUR SLEEPING ENVIRONMENT</b>  A hot and uncomfortable environment or poor quality bedding will make it harder to fall asleep and may cause you to wake up in the middle of the night.	<b>DON'T NAP FOR TOO LONG OR TOO LATE</b>  Keep afternoon naps short and avoid napping after 5 pm.

1. **Stick to a sleep schedule.** Go to bed and wake up at the same time each day. As creatures of habit, people have a hard time adjusting to changes in sleep patterns. Sleeping later on weekends won't fully make up for a lack of sleep during the week and will make it harder to wake up early on Monday morning.

2. **Exercise, but not too late in the day.** Try to exercise at least 30 minutes on most days but not later than 2-3 hours before your bedtime.

3. **Avoid caffeine and nicotine before bed (5-7 hours before).** Coffee, colas, certain teas, and chocolate contain the stimulant caffeine, and its effects can take as long as 8 hours to wear off fully. Therefore, a cup of coffee in the late afternoon can make it hard for you to fall asleep at night. Nicotine is also a stimulant, often causing smokers to sleep only very lightly. In addition, smokers often wake up too early in the morning because of nicotine withdrawal.

4. **Avoid alcoholic drinks before bed.** Having a "nightcap" or alcoholic beverage before sleep may help you *relax*, but robs you of deep sleep and REM sleep, keeping you in the lighter stages of sleep. Heavy alcohol ingestion also may contribute to

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breathing impairment at night. You also tend to wake up in the middle of the night when the effects of the alcohol have worn off.

5. **Avoid large meals and beverages late at night.** A light snack is okay, but a large meal can cause indigestion that interferes with sleep. Drinking too many fluids at night can cause frequent awakenings to urinate.
6. **If possible, avoid medicines that delay or disrupt your sleep.** Some commonly prescribed heart, blood pressure, or asthma medications, as well as some over-the-counter and herbal remedies for coughs, colds, or allergies, can disrupt sleep patterns. If you have trouble sleeping, talk to your healthcare provider or pharmacist to see whether any drugs you're taking might be contributing to your insomnia and ask whether they can be taken at other times during the day or early in the evening.
7. **Don't take naps after 3 p.m.** Naps can help make up for lost sleep, but late afternoon naps can make it harder to fall asleep at night.
8. **Relax before bed.** Don't overschedule your day so that no time is left for unwinding. A relaxing activity, such as reading, listening to music, or engaging in something like deep, paced breathing should be part of your bedtime ritual. Avoid screens (especially those without bluelight filters, as bluelight from phone/TV/computer screens stimulates the "awake" part of our brain for hours after exposure, keeping us from reaching deep stages of sleep) for at least 30 minutes before bed.
9. **Take a hot bath before bed.** The drop in body temperature after getting out of the bath may help you feel sleepy, and the bath can help you relax and slow down so you're more ready to sleep.
10. **Have a good sleeping environment.** Get rid of anything in your bedroom that might distract you from sleep, such as noises, bright lights, an uncomfortable bed, or warm temperatures. You sleep better if the temperature in the room is kept cool. A TV, cell phone, or computer in the bedroom can be a distraction and deprive you of needed sleep. Having a comfortable mattress and pillow can help promote a good night's sleep. Individuals who have insomnia often watch the clock. Turn the clock's face out of view so you don't worry about the time while trying to fall asleep.
11. **Have the right sunlight exposure.** Daylight is key to regulating daily sleep patterns. Try to get outside in natural sunlight for at least 30 minutes each day. If possible, wake up with the sun or use bright room lights in the morning. Sleep experts recommend that, if you have problems falling asleep,

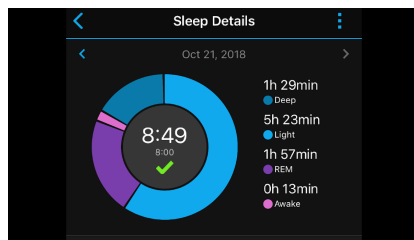
you should get an hour of exposure to morning sunlight and turn down the lights before bedtime.

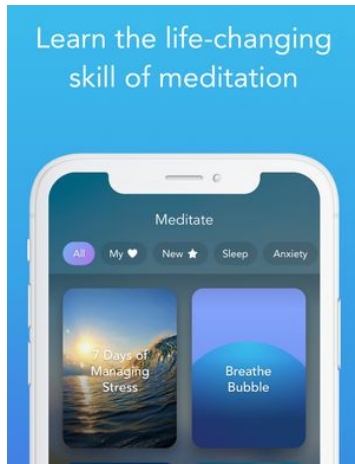
12. **Don't lie in bed awake.** If you find yourself still awake after staying in bed for more than 30 minutes or if you are starting to feel anxious or worried, get up and do some relaxing activity until you feel sleepy. The anxiety of not being able to sleep can make it harder to fall asleep.
13. **See a health professional if you continue to have trouble sleeping.** If you consistently find it difficult to fall or stay asleep and/or feel tired or not well rested during the day despite spending enough time in bed at night, you may have a sleep disorder. Your family healthcare provider or a sleep specialist should be able to help you, and it is important to rule out other health or emotional problems that may be disturbing your sleep.

## NEXT LEVEL: SLEEP TRACKING

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If you would like to really dive into evaluating & optimizing your sleep, there is a plethora of technology that now makes this possible via wearable devices. At Pro-Activity, we utilize Garmin devices combined with our CISR technology (Cloud-based Insights and Surveillance Reporting) to remotely monitor our clients sleep to allow for individualized recovery coaching based on their sleep metrics. To learn more about compatible devices and our CISR monitoring, reach out to your Pro-Activity Provider.





## SLEEP PREP VIDEOS & APPS

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There are many apps and resources that have been developed to aid in improved sleep quality. Although we know exposure to bluelight (high concentration from screens like phone, TV, and computer) negatively impacts our sleep, targeted use of apps and resources may help in establishing your recovery routine (with your phone bluelight filter on, of course).

- [Xhalr.com](https://xhalr.com)

(pictured right) - Slow, paced breathing has been shown to prime the nervous system for recovery, helping us hit deeper sleep, faster. This site will guide you through a paced breathing routine with visual cues.

- [Calm](#) - Relaxation and meditation app for sleep
- [Garmin Connect](#) - if you have a Garmin Device, this app is what you will need to monitor your sleep.



## REFERENCES

The sleep hygiene tactics were adapted from *Why We Sleep* by Dr. Matthew Walker, and were originally published in NIH Medline Plus Magazine (linked [HERE](#)).