

Preparing to Sleep Checklist

PREPARING FOR SLEEP—BEFORE YOU GO TO BED

- Do not drink any liquids for 1 hour before bedtime.
- Use the restroom before you go to bed.
- Do not eat or drink anything with caffeine for at least 3 hours before going to bed such as chocolate, coffee, tea, etc.
- Do not drink any alcohol, smoke, or use nicotine for at least 3-4 hours before going to bed.
- Set the same time for bed each night and perform the same relaxing routine every night to help prepare yourself for sleep.
- Get up at the same time every day, regardless of when you go to bed the night before.
- Make sure your bedroom is always ready for sleep—neat, uncluttered, and peaceful. Don't exercise, read, watch TV, work, or do anything but sleep in bed and preferably in the bedroom.
- Don't worry in bed. If you can't get to sleep or can't get back to sleep within 15-20 minutes, get out of bed; go into another room for a short period; relax or do something relaxing; when tired, go back to bed.
- Avoid or limit anything stimulating, such as exercise, games, computers, or screens, for 2-3 hours before you go to bed.
- Do something relaxing shortly before bed, such as visualization, meditation, a hot bath, a warm shower, etc.
- If all else fails, slowly drink 4 ounces of warm milk or 4 ounces of chamomile tea with 2 tbsp of raw organic honey 30 minutes before bedtime.
- Eat healthy during the day to help your nighttime sleep—almonds, walnuts, bananas, cherries, brown rice, oatmeal, chickpeas, kale.

LR Sanders MD

