

Healthy Habits for Quality Sleep

- Practice regular sleep rhythms - go to bed and wake up at the same time each day.
- No TV in the bedroom.
- Avoid any screen time one hour before bed. Devices like tablets, cellphones, and computers emit a blue light that can disrupt sleep and the production of melatonin,
- Create an aesthetic environment in the bedroom that encourages sleep by using serene and restful colors and eliminating clutter and distraction.
- Create total darkness and quiet. Consider using eye shades or earplugs.
- Avoid caffeine or have it no later than noon.
- Avoid alcohol. It may help you get to sleep, but it interrupts your sleep and negatively impacts sleep quality.
- Get regular exposure to daylight for at least 20 minutes daily. The light from the sun enters your eyes and triggers your brain to release specific chemicals and hormones like melatonin that are vital to healthy sleep, mood, and aging.
- Write your worries down. During your power down hour, write down the things that are causing you anxiety and make plans on what you may have to do the next day to reduce your worry. It will free up your mind and energy to move into a deep and restful sleep.
- Take a hot bath with Epsom salts & baking soda. Use aromatherapy like lavender. A hot shower will work also. Raising your body temperature before bed helps to induce sleep. It relaxes your muscles and reduces tension physically and mentally. By adding ½ -1 cup of Epsom salt and ½ - 1 cup of baking soda to your bath, you will gain the benefits of magnesium absorbed through your skin and the alkaline balancing effects of the baking soda, both of which help with sleep.
- Get a massage or stretch before bed.
- Warm your middle with a hot water bottle, which raises your core temperature and helps trigger the proper chemistry before sleep.
- Try reading before bed.
- Listen to relaxing music or sounds to get to sleep.

See the links to the Video & Blog below from Dr. May.

▶ Everything Neuropathy: Sleep

<https://www.mymomentumhealth.com/education-faq/3-sleeping-supplements-you-have-to-try>