

Sleep Improvement

Timing and Duration

- Going to bed and waking at similar times each day is one of the most powerful tools to help your body set a healthy sleep cycle and maintain a hormone balance that promotes healthy sleep.
- Most people need around 8 hours of sleep. Due to genetic differences, you might need a little more or less nightly sleep. Waking up refreshed with a strong HRV reading will help you determine your optimal sleep time.

Temperature

- A hot environment will decrease sleep quality.
- Sixty-five degrees Fahrenheit is the most optimal sleep temperature.
- Find an optimal balance between room temperature, sleepwear, and blanket use.

Noise

- Eliminate all noise sources, electronics, and anything else that might disrupt sleep.
- Use earplugs or a sound machine if in a noisy or unpredictable environment.

Light

- Eliminate or cover all sources of light; electronics, blinking or static lights, etc.
- Use blackout curtains and/or an eye mask.
- Avoid sources of blue light from phones, television, computers, and other electronics at least one hour before bed.

Disturbances

- Bed partners should be limited to humans. Avoid pets in the bed if possible.
- If snoring is an issue for you or a partner, please see a sleep specialist. No level of snoring is normal.

Activity

- Avoid strenuous exercise late in the day.
- Cease all significant activity two hours before bed.

Nutrition

- Stop consuming calories, including alcohol, at least two hours before bed.
- Avoid overeating at dinner or eating too much red meat; digestion will disrupt sleep.
- Do not skip dinner, as hunger can make it difficult to fall asleep.