

Sleep Basics

1. If you have disrupted sleep, get serious about fixing it.
2. Wake up early enough to get 20 minutes of blue dawn light.
3. Force consistency into your wake-up time — never sleep in.
4. Get out in bright daylight for at least 20 minutes a day.
5. Take some exercise every day.
6. Remove screens and electronic devices an hour before sleep.
7. Build a 90 minute cool-down into your evening: read, talk, intimacy.
8. Make your bedroom cool (<18°C), dark and quiet.
9. Use earplugs and eye mask if needed.
10. When you feel tiredness and go straight to bed.
11. Take the time to relax body, heart and mind before sleep.
12. Breathe slowly from the diaphragm to help calm and quiet yourself.