



# Sleep hygiene

## The Basis for a Good Night's Sleep

A good night's sleep is essential for your health, energy, and mental balance. Yet, it's not always easy to wake up feeling truly rested. Did you know that simple adjustments to your daily routine and sleep environment can significantly improve your sleep quality? These foundational habits, known as sleep hygiene, consist of small steps that can enhance your sleep quality and contribute to recovery, rest, and more energy during the day. Check out the rest of this infosheet for practical tips and discover what you can do today for a healthy, refreshing night's sleep!

### → 1. Create a sleep plan

- \_ Establish regular sleep and wake times
- \_ Go to bed and wake up at the same time each day
- \_ Create a sleep plan for yourself and stick to it as much as possible

### → 2. Detoxification and stress reduction

Chemical and psychological stress can cause inflammation in the body, leading to poorer sleep quality.

- > Focus on balanced and healthy nutrition
- > Reduce psychological stressors where possible
- > Ensure plenty of rest and relaxation in your life

#### Measures to Take:

- Identify and minimize sources of stress
- Practice mindfulness exercises or meditation (potentially with binaural beats) before bedtime



### → 3. Evening relaxation: Mentally and physically

- > Include relaxing activities in your evening routine
- > Establish an evening ritual, such as reading a book, listening to calming music or audiobooks or meditating
- > Avoid screen activity (e.g. phones, tablets, computers) for at least 2 hours before going to bed

### → 4. Midday naps and rest

- > Midday naps provide extra regeneration, but avoid napping after 3 p.m. and limit naps to 30 minutes

### → 5. Physical activity during the day

Exercise promotes deeper sleep and helps you fall asleep faster.

- > Aim for at least 20 minutes of movement daily
- \_ Avoid intensive exercise less than 2 hours before bed  
(to prevent cortisol spikes from exercise)

### → 6. Regulate body temperature

A lower body temperature promotes sleep.

- > Keep your bedroom temperature between 15–18°C (59–64°F)
- > Take a warm bath or shower an hour before bed  
(this warms your body, drawing blood to your hands and feet, which helps cool your core temperature).

### → 7. Reduce or eliminate caffeine, nicotine and alcohol

All three disrupt sleep.

- \_ The half-life of caffeine is approximately 8 hours; avoid coffee or caffeinated drinks later in the day
- \_ While alcohol might initially relax you, it causes frequent awakenings during the night, dehydration, and impairs breathing  
(leading to reduced oxygen levels)



## → 8. Eating and drinking habits

- > Avoid eating heavy meals at least 3 hours before bedtime.  
(Opt for light evening dinner/snacks)
- > Try intermittent fasting (14–16 hours)  
(it has positive effects on sleep and overall health)
- \_ Avoid diets high in sugar and carbohydrates in the evening, as they shorten deep sleep phases and increase gut activity
- > Drink sufficient water during the day (around 2.5 liters), but reduce fluid intake an hour before sleep to minimize nighttime disruptions.
- > Pay attention to what you drink (for example, tea can cause you to have to go to the toilet at night)

## → 9. Medication use

- \_ Some medications — particularly for high blood pressure, cardiovascular conditions, and asthma — can affect sleep.
- > If possible, take medications earlier in the day or at a different time

## → 10. Sunlight and fresh air

- \_ Sunlight enhances sleep (> by positively impacting melatonin production)
- \_ Fresh air improves the body's oxygen supply
- > Incorporate regular walks in sunlight + fresh air  
(even during office hours ;-)

## → 11. Avoid falling asleep stressed

- \_ Internal pressure or stress to sleep can worsen sleeplessness.
- > Remove visible clocks from the bedroom to avoid constantly checking the time
- > If you can't fall asleep after 20 minutes, get up and engage in a calming activity under dim lighting (e.g., reading, can help to relax and feel sleepy again)



## → 12. Earthing

- > Standing barefoot on the ground or grass can help balance the body's energy
- \_ The earth is rich in negative electrons that interact with and neutralize free radicals
- \_ These form a tension balance in our body
- \_ Act as antioxidants (bind our 'free radicals' (> positively charged particles from metabolism, diet and breathing))
- \_ Earthing reduces inflammation, alleviates pain, balances the hormonal system and helps prevent cardiovascular diseases

## → 13. Sleeping Positions

- > Sleeping on your back is the most relaxing and healthiest position  
(If you wake up during the night, try returning to this position)
- \_ Avoid stomach sleeping (as it puts strain on the heart, lungs and breathing)
- > Sleeping on your left side is okay (it reduces strain on the heart and pancreas while supporting the lymphatic system and spleen (responsible for transporting nutrients + filtering waste products))

## → 14. EXTRA for insomnia or sleeplessness

- > All previously mentioned tips may help
- \_ Sleeping pills only offer short-term relief and often have a rebound effect when stopped
- > Temporarily limit your time in bed (to 6 hours or less to increase sleep pressure, which makes falling asleep and staying asleep easier)
- \_ Gradually restore confidence in healthy sleep
- > Coaching or guidance can support managing the stress and psychological aspects of sleep difficulties (psyche plays a major role in insomnia)

### **You are your own expert!**

See what suits you and try out what works for you.

Take the time to make adjustments one by one.

If you have any questions about sleep hygiene and implementation, please contact me :-).