

THE GOOD SLEEP STARTER KIT

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Sleep is essential for our health, yet is one of the most neglected parts of our modern lifestyle. Americans spend upwards of 70 billion dollars annually within the diet industry, with trends of special diets, supplements, workouts, and other fads. Meanwhile one of the simplest and most effective tools for overall health & wellbeing is forgotten.

According to the Centers for Disease Control (CDC), 1 in 3 American's don't get enough sleep.

HOW TO USE THIS KIT:

FOCUS ON 1-2 SMALL CHANGES
EVERY WEEK OVER THE NEXT
FOUR WEEKS, BUILDING ON THE
WEEK BEFORE.

CONSISTENT ROUTINES ARE KEY FOR HEALTHY SLEEP

SET UP YOUR *DAY* TO SLEEP WELL AT *NIGHT*

Human beings exist on a circadian sleep rhythm, and the daytime is part of that routine.

Waking up about the same time every day trains the body to sleep at consistent times.

Additionally, **exposure to bright light** is helpful within the first hour of waking, because it triggers the brain to begin producing melatonin about 14 hours later.

We need light in general during the day, so I advise going outside for a goal of 60 minutes per day (when possible).

MORNING ROUTINE

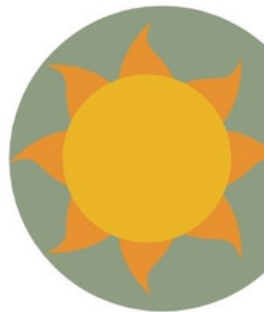


WAKE UP WITHIN THE SAME HOUR EVERYDAY

Aim to get up at the same time every day, give or take 60 minutes. You will sleep best at night with a solid morning wake time.

GET AT LEAST 15 MINUTES OF BRIGHT LIGHT

Either outdoors (ideally) or from sitting by a light box that's at least 10,000 lux.)



HYDRATE

Starting your morning with a big glass of water can help naturally support energy levels, and feeling awake in the morning.

BEDTIME ROUTINE



UNPLUG 60-90 MINUTES BEFORE BED

Set the tone every evening for bed by turning off screens, work, e-mail, music, and social media and making a choice to wind down.

KEEP THE BEDROOM COLD...

The ideal bedroom temperature is about 65 degrees (18 degrees Celsius).



...AND DARK

Melatonin, one of our sleep hormones, needs darkness to be made. If the room cannot be dark, consider covering your eyes with a sleep mask.

WIND DOWN

Take time before bed to do quiet and calming activities. Consider reading a novel, taking a bath, meditating, or listening to a podcast..



CREATE A CALMING NIGHTLY ROUTINE

In our busy lives, it's unrealistic to think we can transition from e-mail, Instagram, and chores multi-tasking to deep sleep within 15 minutes. It takes time to wind down.

Think of it how you would if you were taking care of a young child. Nearly all kids need a consistent bedtime routine, quiet time, and easing the transition from day to night. Adults need the same thing.

Note: If you're someone who tosses and turns, it's important to not go to sleep until you feel tired, and to get out of bed if you're awake after 20 minutes. Train your brain to sleep when in bed.

NEXT LEVEL SLEEP



Reduce or eliminate caffeine. I love coffee as much as the next person, but some people are more sensitive and will have difficulty sleeping no matter what the amount.

Avoid alcohol. While it can make you feel sleepy, it is known to disrupt quality sleep.

Aim to finish any large meals about three hours before going to bed to avoid indigestion. On the flip side, have a snack before bed if you tend to get hungry at night.



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While good sleep may not come effortlessly right away, it is possible. Make it a #1 focus and priority for at least three months and see what happens. There are cases where lifestyle isn't enough, in which case I always advise seeing a physician to discuss further evaluation, and considering medication or supplements.

FOUR WEEKS TO SLEEP PLAN

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- Pick your desired wake time, and ease towards it. If you normally wake up at 10am and want to get up at 8am, try 9:30 for a few days, then 9. Get in bed when you're tired.
- Skip caffeine in the afternoon
- Start turning off screens one hour before bed

- Keep up the discipline of getting up in the morning.
- Start to get morning light within an hour of waking. Go outside for a short walk or pick up a light box.
- Reduce caffeine by about a cup

2

3

- Check in with yourself and see how its going. Are you falling asleep easily? Sleeping through the night?
- Go back to an earlier step if you're struggling to sleep

- Stay strong! The hardest part is maintaining the discipline to get up at the same time everyday, get morning light, and wind down before bed. It will take time for your body to adjust, but its worth it.
- Enjoy deep, quality sleep.

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