

12 Tips for Better Sleep

These tips are taken from Dr. Matthew Walker's book [Why We Sleep](#)

1. Stick to a Sleep Schedule

Go to bed and wake up at the same time every day — even on weekends. Consistency regulates your circadian rhythm, your body's internal clock that tells every cell when to rest and when to wake. Doing so trains your brain to release **melatonin**, the hormone that prepares you for sleep, at the right time each evening. Set an alarm for bedtime, not just for waking up.

- Prioritize waking up at the same time daily, even on weekends.
- Go to bed when sleepy — avoid falling asleep on the couch or staying up watching TV.

2. Exercise — But Not Too Late

Exercise is one of the most powerful tools for deep, restorative sleep. Aim for at least 60 minutes of movement most days, but aim to finish workouts 2–3 hours before bed. Exercise supports deeper sleep and reduces anxiety, but too late in the day it can raise epinephrine and core body temperature which delay sleep.

- Save vigorous exercise for mornings or before sunset.
- Take a light evening walk after dinner to unwind.

3. Limit Caffeine and Nicotine

Caffeine can linger for up to eight hours and delay fatigue by blocking adenosine receptors, the brain chemical that builds sleep pressure throughout the day. Nicotine is also a stimulant that disrupts deep sleep.

- Avoid caffeine within 8 hours of bedtime.
- Swap afternoon coffee for herbal tea or water.
- Try focus-supporting alternatives like mushrooms (Cordyceps, Lion's Mane) instead of coffee
- If cutting back on coffee is difficult, try half decaf or switch to green tea.

4. Limit Alcohol Before Bed

Alcohol may sedate you, but sedation is not sleep. Alcohol reduces restorative REM sleep and can cause nighttime awakenings.

- If you suspect alcohol is affecting your rest, try thirty days without it and observe the difference in your mood, energy, and mental clarity.



5. Avoid Large Meals and Beverages Late at Night

Eating large meals or drinking too much water before bed forces your digestive system to stay active when it should be resting. Eating or drinking too close to bedtime can cause indigestion or frequent urination, disrupting deep sleep.

- Finish meals and water intake 2–3 hours before bed.
- If you must eat late, choose a light, low-glycemic meal and consider a digestive enzyme.

6. Review Medications

Some prescriptions (for blood pressure, asthma, etc.) and over-the-counter cold remedies can interfere with sleep.

- If new medications coincide with sleep issues, consult your physician about timing adjustments.

7. Limit Naps

Short naps can help you recharge, but naps after 5 PM can interfere with nighttime sleep.

- Aim for 7–8 hours of nightly sleep to minimize nap needs.
- Keep naps under 20 minutes and avoid late-day naps.
- If tired in the evening, go to bed earlier instead of dozing on the couch.

8. Relax Before Bed

Avoid overscheduling your evenings. Relaxation helps signal your body to unwind and transition into sleep.

- Begin a wind-down routine 1 hour before bed. Read, journal, meditate (try Headspace), or do another calm, screen-free activity.
- Try lavender essential oil or nose breathing to activate the parasympathetic “rest and digest” state.
- Taking magnesium can help support relaxation and sleep quality. We recommend taking 200-400mg of [magnesium bisglycinate](#) 30-60 minutes before bed.

9. Take a Warm Bath

A warm bath before bed might sound counterintuitive, but it actually helps you cool down. As your body temperature drops afterward, your brain interprets it as a signal to sleep and encourages melatonin release. Keep your bedroom slightly cool, and you'll likely fall asleep faster and stay asleep longer.

10. Create a Sleep Sanctuary Cool, Dark, Gadget-Free Bedroom

A cool, dark, and quiet environment tells your brain it's time to disconnect. Remove electronics, lower the thermostat, and reduce light exposure an hour before bed.

- Use blackout curtains, an eye mask, a fan or white noise if needed.



- Reserve your bed for sleep — not for work, scrolling, or stress.

11. Get Daily Sunlight Exposure

Natural light helps regulate your sleep–wake cycle. Artificial light alone isn't enough to set your circadian rhythm.

- Expose yourself to natural daylight, especially in the morning and around midday. This helps suppress melatonin during the day and strengthens its release at night.
- As evening approaches, dim your indoor lights and limit blue light exposure from screens.
- If you live in a darker climate, a light therapy lamp can help maintain your rhythm and mood.

12. Don't Lie Awake in Bed

If you can't sleep after 20 minutes, get up and do something relaxing. Staying in bed awake for an extended period can increase sleep-anxiety and make it harder to fall asleep.

- Read, meditate, or listen to calming music or a podcast with a sleep timer.