



MARYLAND
WELLNESS CENTER

**SLEEP TIPS
AND RESOURCES**



Sleep Tips & Resources

Based on scientific research, personal experience, and others' testimony

Disclaimer

We understand that you may not be able to incorporate all of these suggestions. Just do what you can and feel free to contact us [Here](#) if you have any questions.

The Big Three

1. **Cold**
 - o 68 F or colder is ideal
2. **Dark**
 - o Blackout curtains, eye mask
3. **Consistency**
 - o Same bedtime & wake time each day +/- 30 minutes

Additional Tips & Resources

1. **Sunlight**
 - o 15+ minutes of sunlight first thing in the morning
 - o Go outside during the *30 minutes before sunset* too if you can
2. **Nightly Ritual**
 - o Myofascial Release - Foam rolling, massage balls
 - o Stretching w/ deep breathing; Try Restorative or Yin yoga
 - o **YOGA Nidra!!!** Guided relaxation/meditation
 - o Avoid exposure to light, *especially bright overhead lights*
 - o Avoid alcohol within 2 hours of bedtime
 - o Avoid caffeine after 12pm... 2pm latest.
3. **Supplements** (consult with doctor)
 - a. NOT melatonin
 - b. magnesium (preferably magnesium L threonate)
 - c. Possibly L-theanine, apigenin
4. **Difficulty Falling Asleep**
 - a. The military method - [Link](#)
 - b. YOGA Nidra!!! - Practice in the morning/afternoon, not just at night
 - c. Progressive muscle relaxation
 - d. 4-7-8 or 4-2-8-4 *breathing* (*inhale - hold - exhale - hold*)
 - e. Maybe helpful to make a "To-do" list before bed / write down any thoughts
 - f. Read something that takes you *away* from the stresses/anxieties of your life.
Fiction

Additional Links / Resources

Guided Relaxations / Meditations

- My favorite [Yoga Nidra](#) practice (23 minutes)
- [MindValley's Favorite Sleep Meditations](#)

www.marylandwellnesscenter.com

[Facebook](#). [Instagram](#). [Youtube](#)



Articles

- [Toolkit for Sleep - Huberman Lab](#)
- [Huberman: 7 Steps to Change Your Sleep Cycle](#)
- [8 Tools to Biohack Your Way to Better Sleep - Brainflow](#)

For more resources relating to mental health & wellness head on over to our [Blog & Resources](#).