

# BETTER SLEEP CHEAT SHEET



## A.M.

- drink water
- meditation/focused breathing
- exercise
- breakfast=protein+healthy fat
- 10+ minutes of sunlight
- bare feet on the ground every day
- no caffeine after noon

## TEA

- chamomile
- kava kava
- valerian root
- Yogi soothing bedtime tea



## P.M.

- no screens 1-2 hrs before bed
- no alcohol 2 hours before bed
- blue light blocking apps
- topical magnesium
- room temp 62-68 degrees
- massage/acupressure
- set alarm to correspond with 90-minute sleep cycles
- regular schedule of sleep and wake (every day)
- dark bedroom (NO LIGHT)

## ACUPRESSURE

- an mian (behind earlobes)
- HT7 (wrist on pinky side)
- LV3 (between big toe and next toe on top of foot)
- KD3 (just above heel on inside of foot)
- Yin tang (between eyebrows)

## NUTRIENTS FOR SLEEP

- calcium (*kale, greens, sesame seeds*)
- melatonin (*tart cherries, walnuts*)
- omega-3s (*chia seeds, salmon, fish oil*)
- potassium (*broccoli, avocado, greens*)
- prebiotics (*Jerusalem artichoke, garlic*)
- probiotics (*sauerkraut, pickles, kefir*)
- selenium (*sunflower seeds, beef, chicken*)
- tryptophan (*turkey, eggs, pumpkin seeds*)
- Vitamin B6 (*yogurt, cashews, spinach*)
- Vitamin C (*bell pepper, kiwi, citrus*)
- Vitamin D (*sunlight exposure*)