



Supporting A Good Night's Rest - Tools and Techniques

Establish a daily routine.

Align your waking and bedtime with sunrise and sunset, and try to keep them consistent.

Establish bedtime and waking practices.

Before bed, take a bath, have a cup of herbal tea or milk, or massage feet and scalp with warm oil. Upon waking self-massage with oil, take a cold shower, go for a walk, and take a few minutes to practice yoga, pranayama, or meditation.

Practice Good Sleep Hygiene.

Use the bedroom only for sleeping, remove screens, and limit bedtime reading. Adjust the room temperature, lighting, noise and humidity.

Cut out coffee after 11 am.

Coffee interferes with your brain's adenosine receptors which signal to your brain when to feel tired.

Eat a lighter dinner early in the evening.

Aim to have your biggest meal earlier in the day, and opt for a lighter dinner of soup or salad.

Activate the parasympathetic nervous system.

Incorporate practices that engage the rest and digest mechanisms in the body such as yoga, yoga nidra, and meditation. This trains your body and mind to learn how to unwind and rest when you need it to!