

Dr Bob on How to Sleep Better

- Cognitive behavioral Therapy for Insomnia (especially if chronic!)
- Focus on rest; don't obsess about sleep
- Address medical or mental health issues
- Quick fixes are rare. Be patient and compassionate with yourself on this.
- Reduce or eliminate caffeine. Beware of coffee, green + black tea, chocolate
- Exercise during the daytime. Afternoon is best. Don't exercise before bedtime
- Maintain regular sleep schedule—similar time for going to sleep and waking
- Avoid meals before bedtime
- Avoid alcohol at night
- Don't smoke. Quit
- Keep bedroom cool, dark, comfortable, uncluttered
- Bed is only for sleep (and sex)
- Avoid naps or keep less than 20 minutes
- Ride a sleepy wave to bed; don't fight off sleepiness and stay up watching TV
- Turn off screens before bedtime, at least 30 minutes; avoid blue or bright light
- Meditate. Meditation Oasis is one of many options
 - <https://www.meditationoasis.com/>
- Take slow deep breaths; (5 sec inhale, 1-2 second pause; 5-7 seconds exhale)
- Progressively relax muscles from head to toe; Stretch lightly; Massage (trade!)
- Don't catastrophize. Acknowledge the negative thinking but don't follow it.
- Return to your breath.
- Read a paper book; nothing too exciting. Read in a chair, not in bed.
- The bed is where you sleep.
- Unload your worries and unfinished tasks on a checklist for tomorrow
- If you estimate more than 25-30 minutes of not falling asleep, get up.
- Stretch. Read. Breathe. Reset. Keep lights dim.
- Limit fluids before bed.
- Some find sex/masturbation results in sleepiness afterwards (most people actually.)
- Keep your phone away from your bed /nightstand, in 'Do Not Disturb' mode.
- Turn alarm or clock face away so that you don't obsess over time!
- White noise or a fan can be relaxing for some
- If stressed, it's ok not to keep up with the news.
- Consider keeping a sleep diary.
- Consider using a darkening silk sleep mask
- Get some fresh air, crack a window
- Take a warm bath an hour before bedtime, allowing core temp to cool back down
- Get comfortable clean, fresh sheets.
- Vacuum & dust, air filter to reduce allergens + respiratory irritants.
- Smile. Relax your brain. You're going to be just fine!

PS: Be sure to check out Dr Bob's Links for sleep too, at <https://cnmri.com/links-for-sleep/>

Modified from Dr McCormack, who has a great Substack at <https://mccormickmd.substack.com/>