

# Healthy Sleep Habits

Sleeping well on a regular basis is important for your health. By practicing a few good habits, you can improve the quality of your sleep. Use this document as a guide to create your own sleep routine.

## Habits for healthy sleep

### Create a peaceful sleep space

- Create an inviting and soothing sleeping space
- Keep it dark, quiet, and cool (less than 68°F)

### Quiet your body noise

- Check to see if your medications have sleep side effects
- Avoid caffeine late in the day
- Avoid moderate to intense exercise for a few hours before bedtime
- Make time to slow down— take a warm bath with Epsom salts and aromatherapy, write in a gratitude journal, do gentle yoga, practice intimacy

### Use dusk and dark

- Dim lights a few hours before bed; sleep in total darkness
- Use blue light reduction applications, devices, or screen protectors on your electronic devices (such as on your smartphone, tablet, computer screen, TV)

### Recognize your wakefulness

- Go to bed only when you feel sleepy
- When you are ready to sleep, create separation from the waking world (avoid watching the clock or using electronic devices)
- If you can't sleep, get up and sit in a comfortable spot until you feel sleepy again. Try progressive muscle relaxation with soft belly breathing or another mind-body exercise



### **Surrender to sleep**

- Ask your primary care or integrative medicine provider about evidence based botanical natural sleep aids
- Instead of “going to sleep”, think about “letting go of being awake”

### **Wake up mindfully**

- Wake up slowly
- Notice your morning thoughts and memories of your dreams
- Set an intention for the day
- Turn on the lights, or use daylight or a light box to energize your morning



### **Resources**

- **Online:** Health Journey's guided imagery for sleep: [healthjourneys.com](https://healthjourneys.com)
- **Text:** “Healing Sleep: Discover the Restorative Power of Sleep, Dreams, and Awakening” by Rubin Naimen, PhD

### **Questions?**

Contact Integrative Medicine at (206) 206-5500 or visit [seattlecca.org/integrative-medicine](https://seattlecca.org/integrative-medicine) to learn more.