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
• Alcohol, caffeine, and sugar intake can affect your sleep patterns—eat/drink less, earlier, and with food
• 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](http://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](http://seattlecca.org/integrative-medicine) to learn more.