

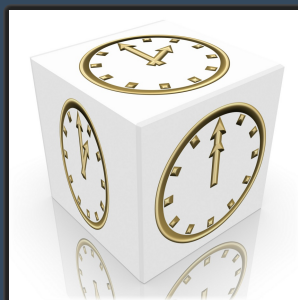
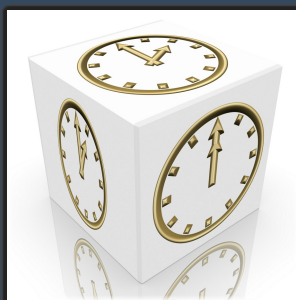
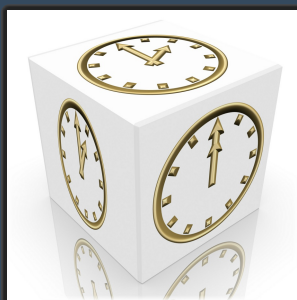
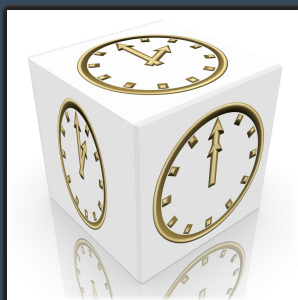
A high-angle, top-down photograph of a young woman with long brown hair, lying in a bed. She is wearing a white spaghetti-strap top and is covered by a white duvet. Her eyes are closed, and she has a peaceful expression. Her right arm is bent with her hand near her head, and her left arm is bent with her hand near her chest. The bed has white pillows and white linens. A dark gray rectangular box is overlaid on the bottom left of the image, containing white text.

25 Tips to Improving Your Sleep

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*The following anecdotal tips are a culmination of **DSleep** client feedback, given over the past year. Some may seem familiar to you, but there may be that one practice or angle you haven't considered, that just may give you that little advantage in the never-ending quest for that perfect night's sleep.*

1: **Talk to your doctor:** If you think you have clinical sleep issues, speak to your doctor. You may need a referral to a sleep clinic where professionals can rule out issues such as sleep apnea, among other problems that cannot be addressed without professional help.



2: **Wake up and go to bed at the same time EVERYDAY.** That's right, every day. Observe a 30-minute window, but set that alarm and got to bed at the same time, even on weekends. Staying up late and sleeping in on weekends throws your circadian rhythm off. By maintaining a routine, you will regulate your sleep pressure. Sleep pressure is defined as the time you are out of bed vs. the time you go to bed. When you maintain your sleep pressure, you will feel your body naturally observe your regular bedtime. If you sleep in, the sleep pressure will be decreased, and then you won't have as strong an urge to go to bed at your regular time. Try to get up at the same time every day, even if you stay up late one night. This practice will preserve sleep pressure. Doing this for life will ensure sleep quality in the long run.

Sleep is that golden chain that ties health and our bodies together.

~Thomas Dekker

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3: **Go to bed between 10-10:30 pm.** For most people, the body naturally winds down just before 11 pm each night. This natural decrease in energy is due to the tempo of our day and sunlight exposure. When we miss a 10:30 pm bedtime, the body is apt to catch a second wind about 11 pm. This second wind is the body's releases cortisol to keep us awake. If you attempt sleep after this second wind, it may take longer to fall asleep before cortisol levels drop.



4: **Upon waking in the AM, look at the sun ASAP:** When you wake up in the morning, within 30 minutes of rising, go straight to a window and look outside for a few minutes, or be in a room that has good natural lighting. A good habit is a daily 5-10 minute walk outside in the morning. Exposing your eyes to the natural blue light of the sky is a **STRONG** cue for your body to awaken you, and to suppress melatonin (sleep hormone). A series of biochemical changes will occur when you do this.

This practice proves to be one of the harder habits to create. However, this could be one of the most impactful in the series of steps. Melatonin is your master sleep hormone that will help initiate sleep, as well as serve as an antioxidant in protecting your brain. We need to optimize melatonin levels. All blue light will suppress melatonin levels. The sky is the natural blue light our body evolved around. During the day blue light is present, keeping melatonin contained, keeping us awake. At night time the sky darkens, and blue light disappears. The lack of blue light initiates the release and build up of melatonin, and thus we fall asleep.

The amount of sleep required by the average person is five minutes more.

~Wilson Mizener

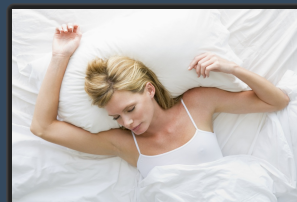
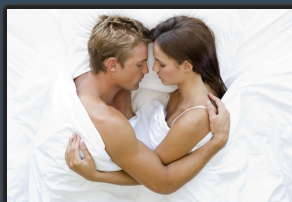
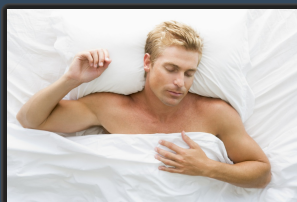
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Modern technology has altered this natural occurrence. Cellphone screens, fluorescent light bulbs, computer screens, TV's, car lights, street lights, they all emit blue light which will inhibit and disrupt the normal release of melatonin in our body. We must minimize the exposure to these if we want to promote a great night's sleep.

How to limit your blue light exposure.

5: **Avoid electronics use one hour before bed.** Do not use your computer, cell phone, tv, one hour (general guideline) before bed. The same goes with fluorescent light bulbs.

6: **Change how you light your bedroom.** Light the rooms you are in before bed with incandescent bulbs, or candles if you safely can.



7: **Lower the lights.** Dimming your lights is an option, but not recommended due to release of dirty electricity (more on that later)

It's understandable that we just can't avoid technology at night. With that in mind, here are a few hacks that will let you bypass the avoidance of blue light emitting devices.

8: **Blue Blocking Glasses:** Buy a pair of blue blocking glasses and wear them 1-3 hours before bed, every night. [Click here to buy yours.](#)

Sleep's what we need. It produces an emptiness in us into which sooner or later energies flow.

~John Cage, M

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The above hack will let lessen the blue light impact of looking at a cell phone and computer screen before bed, even though that's not recommended. Some emerging studies are revealing that our skin has photoreceptors that can detect the presence of blue light, even when wearing blue-blocking glasses which may impact sleep quality. Experiment for yourself.

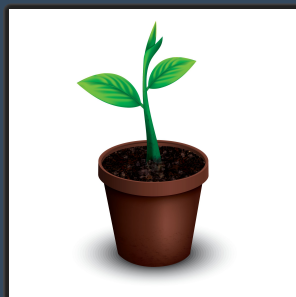
9: Use computer software to reduce blue light. Install **FLUX** on your PC and crank it to 1900k (candle). Don't forget to turn off every other light in your room if you aren't wearing blue-blocking glasses.

10: Use cell phone software to reduce blue light. On Android install "Twilight" which is similar to flux. For iPhone there is f.lux. There are so many products on the open market now that can assist with this, just let your research be your guide.

Room changes

11: Sleep cool: Aim to cool your room to 68F. Practice and studies show this to be the optimal temperature for falling asleep. Experiment what temperature works best for you.

12: Reduce Wifi exposure. If you have a router in your room, move it to another room of the floor asap. Humans are electromagnetic beings and signals from wifi can interfere with our body and sleep rhythms. Read the book "Zapped" for more information. Turning off WiFi at night is a great habit.



... sleep deprivation is an illegal torture method outlawed by the Geneva Convention and international courts, but most of us do it to ourselves.

~Ryan Hurd

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14: **Clean the air.** Get fresh air in your room as often as you can. Consider getting a few houseplants to clean the air.

15: **Ground yourself.** If you have fresh damp grass, walk on it barefoot before bed. There is a body of science showing that grounding yourself with the earth releases the positive buildup of static charge which can create stress, tension, and inflammation in our body. Try it for yourself. An alternative is to make or buy a grounding mat. Another option to ground your body is purchase sheets that have silver wire threaded into them. The metal makes contact with your body and grounds you. Check out the book "Earthing" for more information.

16: **Save your bedroom for sleep and relaxation.** Do most of your work outside of your room and use your room purely for relaxation, reading, sleep only, wink wink. We unconsciously make associations with the room tied to work which can make us anxious and tense without us knowing.



17: **Create a routine of relaxation.** Make a priority of creating a bedtime routine that focuses on slowing down and calming down. Meditation, reading nonfiction, journaling your thoughts and ideas through personal exploration, light yoga, gentle stretches, a breathing exercise are all great pre-bed activities to support better sleep

18: **Limited caffeine, nicotine, and alcohol.** No caffeine after 2pm. The stimulant will disrupt your sleep. No nicotine before bed. No alcohol before bed. Avoid anything that will stimulate you. These are common; I'm sure you've heard them, so this is just a fresh reminder.

I'm not asleep... but that doesn't mean I'm awake.

~Unknown Author

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19: **Be active in your body temperature.** Take a hot shower or warm bath(with Epsom salts for magnesium) a few hours before bed. (optional, cool yourself down with a fan). This process will raise your body temperature and then lower it, which will signal the onset of sleep.

20: **Tea.** Drink herbal teas with raw honey. Teas such as chamomile are great. Raw honey has been shown to help with sleep quality. Adding in the natural sweetener can prevent you from waking up in the middle of the night when glycogen levels drop, and your body wakes up seeking food. The act of drinking tea can be meditative and calm you down as it becomes a routine.



21: **Track your sleep.** You can quantify your sleep with a sleep tracker such as WHOOP, Oura, Jawbone, Beddit to name a few. Or apps such as "Sleep Tracker" and "Sleep Android". Tracking your sleep will let you observe that the changes you are making are helping improve your sleep quality. Utilization of quantification technologies promotes awareness and behavioral responsibility when it comes to sleep.

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22: **Have sex.** Here's one totally popular and pleasurable way to get better sleep: have an orgasm. A lot of feedback supports this approach to sleep, and even professionals have endorsed the act of love-making to enhance productive sleep.

There are several science-backed reasons why having an orgasm helps you fall asleep and improves the quality of your shut-eye. That's because when you orgasm, you release a cocktail of hormones that promote good sleep. Oxytocin — a.k.a. the love hormone — counteracts stress hormones, which helps you fall asleep. And serotonin and norepinephrine help the body cycle through REM and deep non-REM sleep cycles.

23: **Block light and noise.** Use a sleep mask to block out ambient light. When your brain senses pure darkness, it causes the production of melatonin, the chemical of sleep. To help induce this state, you can also use earplugs. When you block out both noise and light, your chances of falling asleep are improved. People who sleep regularly during the day, such as nurses or other shift workers can benefit greatly by using them.

24: **Binaural Beats.** For sleep to be induced, your brainwave frequency needs to drop to a slow delta. This shift can be hard, especially after a busy day. Your brain stays alerted and prevents you from relaxing. By using Binaural Beats, you can induce the frequencies associated with sleep in your brain within minutes.



A good laugh and a long sleep are the best cures in the doctor's book.

~Irish Proverb

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25: **Use an SR1.** Lastly, using the SR1 sleep device to assist with falling asleep, staying asleep, or falling back to sleep is a great advantage to improving sleep quality. When an individual experiences difficulty falling or staying asleep, usually that means the normal frequency patterns of the brain are altered. By mimicking the normal frequency patterns of the brain in the process of falling asleep, the SomniResonance® SR1 gently encourages the brain to fall asleep. The beauty of this technology is that there is no limit to the use of the device per sleep period. If your sleep is interrupted, you can simply reactivate the device and the process of falling asleep starts over again. There are no known side effects from the use of this device other than lucid dreams. You can find more about this amazing technology at www.deltasleeper.com. Happy Sleeping! :)



25 Tips to improving your sleep

Order your SR1 NOW

Your struggle to "Sleep Naturally" can end now with the SR1 sleep device. A game changing, small 1/2 oz. wearable technology device, that will help you fall asleep more easily, stay asleep, and provides a better quality of sleep! Your quest for improved sleep is risk free, with our money back guarantee!

[Learn more](#)