

Actionable Step to Improve Sleep Hygiene



1. **Establishing a Consistent Sleep Schedule and Routine:** Going to bed and waking up at the same time every day, choosing a realistic bedtime, winding down with relaxing activities, and establishing calming rituals.
2. **Optimizing the Sleep Environment:**
 - Create a comfortable, dark, and quiet sleeping space, keeping the bedroom cool, maintaining a gadget-free environment, and associating the bedroom with the 2 S's Sleep and Sex NOT stressing about not sleeping.
 - **Avoid:** reading, watching TV, studying, cell phone use, or any entertainment devices to strengthen the mental association between the bedroom, relaxation, and sleep.
3. **Limiting Screen Time Before Bed:** Avoiding electronic devices at least one hour before bedtime and using "night mode" settings to reduce exposure to blue light can improve sleep. Most importantly refraining from mentally engaging activities like checking emails or video games.
4. **Managing Stress and Anxiety:** Practicing stress-reducing activities like meditation, deep breathing, or journaling.
5. **Being Mindful of Caffeine and Alcohol Intake:** Limiting caffeine consumption, especially after 12 pm, and avoiding alcohol close to bedtime are important for sleep quality.
6. **Prioritizing Physical Activity:** Regular exercise is beneficial striving for 150 minutes of steady state cardio with goal 150 minutes per week, but it's important to avoid vigorous exercise close to bedtime.
7. **Watching Diet:** Avoiding heavy meals close to bedtime, minimizing snacking before bed, and allowing for at least three hours between your last meal and bedtime can improve sleep. A light, sleep-promoting snack may be appropriate if needed.
8. **Managing Light Exposure:** Getting exposure to natural light during the day and dimming lights in the evening help regulate the body's sleep-wake cycle.
9. **Balancing Sleep Hormones:**

- Cortisol regulation by refraining from stressful activities before bedtime and engaging in relaxing rituals.
 - Enhance melatonin production by dimming lights, avoiding screens, and aligning your sleep schedule with its natural rise.
 - Accumulate adenosine by avoiding daytime napping and limiting caffeine intake past 12 pm.
10. **Sauna, Or warm bath/shower:** Sauna use may lead to improved sleep, which could potentially be a factor in the mortality benefits associated with sauna use.
- A warm bath or shower can provide similar sleep benefits if access to a sauna is not available.
 - For some, the sauna/bath is an opportunity to wind down before bed.
11. **Cooling devices:** Mattresses with built-in cooling devices, or mattress covers with cooling features, can be useful tools for improving sleep. These allow for temperature adjustments throughout the night, such as cooling the body down to 60 degrees and then raising the temperature in the morning.
- One such product is the Eight Sleep mattress cover, which Peter Attia uses but there are many others.
 - In addition to temperature regulation, some cooling devices may have alarms and also track sleep stages with reasonable accuracy
12. **Weighted Blankets:** While the data on weighted blankets is sparse, some people report feeling much better when using them
13. **Sleep Trackers:** Can be valuable tools for improving sleep, It's essential to approach sleep data with a mindset of testing and not guessing about the quality of one's sleep and to evaluate if a change in routine is making a meaningful positive change.
14. **Medications and Supplements (Consult a Healthcare Professional):** if sleep problems persist, consider cognitive-behavioral therapy for insomnia (CBTI) or other evidence-based treatments.
- Consult with a healthcare professional before trying sleep-inducing supplements (e.g., melatonin, valerian root Pregabalin, Trazodone, Glycine, Ashwagandha, Magnesium L-threonate, Melatonin, or Phosphatidylserine.)
15. **Disclaimer:** A disclaimer noting that the information is based on Peter Attia's The Drive podcast (47-49, 126, 233) and that the information may go beyond traditional physical therapy and Matt Pechacek, PT, cannot be held liable for decisions made based on this information.