



Sleep Hygiene Tips

Preparing for bedtime:

- Create a bedtime routine – just like parents do for children!
- Try not to eat about 3 hours before bedtime
- Take a warm bath with Epsom salts
- Use an essential oil diffuser with a calming oils such as lavender
- Use “mood” lighting, non-scented beeswax candles, softer music
- Turn off electronics at least 60 minutes before lights out

Just before sleep:

- Reduce EMF exposure from cell phones, laptops, televisions, electric clocks, cordless phones by removing items from the bedroom or turning off
- Instead of using a cell phone for an alarm clock, use a non-electric alarm clock
- Spend 10-30 minutes in meditation, candle gazing, gentle yoga