

## Dr. Shannon's Sleep Hygiene Recommendations for Adults

- Temperature in the house: 64-65 degrees is ideal for adult sleep, 68-71 for children.
  - Cooler air means more melatonin production
- Pillows- find the right combination of neck, lumbar, and leg support for optimal comfort
- Nose- breathe right strips, mute nasal dilators, xclear nose spray and blow nose before bed\*
- Lips- 3M micropore tape (recommended with or without appliances)
- Complete darkness- be mindful of phone placement and clocks
- Put "do not disturb" on your phone if possible
- Turn your clock face away from you so you don't "watch the clock" if you wake up
- Go to bed the same time every night (including weekends)
  - Set a bedtime alarm
- You cannot "make up" for lost sleep on the weekends

### 1. SLEEP ENVIRONMENT

Cool, dark and quiet - what nature gave us to sleep in in the first place.

### 2. RECOGNIZING TRUE SLEEP CUES

The physical signs you can see when melatonin is elevating in the system vs. cortisol (a wakefulness hormone)

### 3. PRE-SLEEP ROUTINES

Powerful tools if performed correctly. Kickstart melatonin production and provide a foundation of emotional well-being.

### 4. THE TIMING OF SLEEP

Syncing sleep with natural biological rhythms.

- Do not exercise 2-3 hours before bed
- Avoid caffeine and nicotine
- Avoid alcohol before bed
- Avoid heavy meals or too many fluids late at night
- Avoid medicines that delay or disrupt your sleep before bed. Check side effects of your current medications you are taking before bed and consult with your healthcare provider to see if they can be taken at a different time of the day if there is an effect on sleep
- Don't take naps after 3 pm
- Relax before bed, allow time to unwind before sleep
- Take a hot bath before bed- the drop in body temperature after getting out may help you feel sleepy
- Try to get 30 minutes of natural sunlight per day
- If you wake up during the night and stay awake more than 20 minutes, get up and do a relaxing activity (not involving a screen) until you feel sleepy again.