

#WeHackHealth Getting Better Sleep

Tips for getting better sleep, but not medical advice. Better quality sleep, and more of it, can help you be the absolute most healthy and intelligent version of yourself! PS I'm not a doctor.

- Follow strict sleep hygiene
- Limit or stop caffeine after 1:00 pm
- Dim your lights after the sun sets
- Replace lights in your bedroom and living room with warm (amber tinted) lights, instead of "bright white" (blue tinted) lights
- Avoid blue light after the sun sets. Especially on your computers and phone
- Sleep in complete darkness
- Use a sun lamp in winter months and for jetlag
- Take Magnesium
- Create a sleep ritual, and follow it nightly
- Journal your worries before bed
- Use your bedroom only for sleep and sex/intimacy
- Jetlag instructions in the blog post
- Don't consume calories after 8:00 pm
- Meditate regularly, or at least sometimes
- Consider hypnosis for helping you learn to sleep, or keep your sleeping habits on track
- Get a comfortable bed. Consider a firm bed.
- If you snore, look into if you have sleep apnea. Take action on the findings (like sleeping on your side or trying a CPAC machine)
- If you do snack in the evening, try to avoid carbs and/or sugar
- Make physical touch and/or affection a part of your life
- Take care of your general health. Every single thing you do and eat, helps or hinders your health.
- Travelling healthy tips are in the blog post.
- Further reading is in the blog post.

