

# How To Start Sleeping Better In One Week



**SUN**

## Make Sure You've Got The Right Equipment

Choose a mattress, pillow, and sheets that are suited for your sleeping habits. Look for comfortable items, which relax and support you properly while lying down.



**MON**

## Your Devices Need To Recharge, And So Do You

The blue light in devices such as cell phones can keep you awake at night. Keep them out of the bedroom and limit their use during the last hour of the day.



**TUE**

## Start Digesting Before You Get In Bed

Eating late in the day tells your GI tract to rise and shine when it should be slowing down for the night. Limit late-night eating to a light, nourishing snacks such as bananas or almonds.



**WED**

## Optimize Your Bedroom Environment

Create a soothing cocoon of peace in your bedroom, with quiet colors, noise-canceling drapes, and more to ensure that you aren't disturbed when trying to sleep.



**THU**

## Find An Exercise Routine That Works For You

Exercise helps you fall asleep and increases the amount of slow wave sleep during the night. It also helps you cognitively unwind and prepare for rest. Just don't do it too close to bedtime.



**FRI**

## Loosen Up And Let Stress Go

Celebrate the end of the workweek by consciously slowing down and choosing activities that are high-enjoyment but low-stimulation.



**SAT**

## Have A Set Time To Sleep And Wake

If you haven't gotten enough sleep during the week, don't try to make it up by sleeping till noon on Saturday — this upsets your body's internal clock and leads to sleep issues the next night.

