



15 TIPS FOR BETTER SLEEP

GUIDEBOOK

BY PURE HEALTHY SOLUTIONS

15 Tips

FOR BETTER SLEEP

If you're having trouble getting enough sleep, you're certainly not alone. It's estimated that as many as 70 million Americans suffer from sleep deprivation!

Inadequate sleep can hinder your health and weight loss goals, so it's definitely something to work on.

If you make 'getting more sleep' a priority, you may see some changes BUT you have to be patient!

It can take 2-3 weeks until one or more of these tips start to work for you, so if after a day or 2 of trying one of these tips, don't give up.

It may just take some time for your body to adjust.

Be in Rhythm

There is more than one type of problem people may have with their sleep patterns.

Some people may lie awake for a long time before falling asleep. Others stay awake for most of the night, wake up often and have trouble falling back asleep, or wake up too early in the morning.

What we know about **everyone's** sleep is that there is a pattern known as circadian rhythm that is inescapable if you want to get better rest.

Our circadian rhythm is based on a 24 hour day and is connected to the suprachiasmatic nucleus (SCN) in our brain. This "clock" sends signals via the neurohormonal network to regulate our body and mind.

Check Up

Since there are so many possibilities for improving sleep based on what your specific sleep concern is, you'll need to try different suggestions. No one solution will work for everyone, which is why consulting with your healthcare provider is so important.

For example, many people have undiagnosed sleep apnea - even people with normal weight. Trying all 15 tips will not get to the root of their problem and there are serious health and safety issues involved.

That being said, let's dive into the following 15 tips to start working on improving your sleep as they are essential for good health in the long run.

Step One

Be practical.

First, start with setting an intention of when you want to be in bed. For example, if you want 8 hours of sleep and you need to wake up at 6:00, plan to be ready for sleep by 10:00. This means you'll want to start getting ready for bed by 9:30.

If you are a shift worker (for example, night shift) you'll have to consider how your work schedule is affecting your health. Some people thrive by working at night. Again, there is no one-size-fits-all, but studies have shown night shift workers can sometimes suffer from more health problems and more accidents. Something to think about.

15 Tips

Things you can try to help improve your sleep:

Eliminate/reduce caffeine and alcohol (these increase urination and can cause restless sleep)

Don't consume chocolate (or caffeine) within 7-8 hours of bedtime

Turn off electronic devices 1-2 hours before bed

Finish dinner 3-4 hours before bedtime

Drink a calming tea like Chamomile in the evening

Sleep in a totally dark room (all sources of light off) or wear an eye mask

(continued)

MORE...

Set your bedroom at a comfortable temperature

Exercise in the morning, afternoon, or early evening (not late at night)

Take a soothing hot bath at night

Listen to soft music before bed to help wind down

Use relaxing breathing techniques or meditation

White noise at bedtime – a fountain or fan

Relax and read before bed

Yoga or Tai Chi or stretching at night to de-stress

Write down a list of things you want to get done tomorrow or put it on your calendar (dump your brain of details so you can relax).

Be patient

If you make 'getting more sleep' a **priority**, you are more likely to see improvement. That being said, your body and mind will take some time to adjust to changes in your sleep habits and lifestyle.

It may take as long as 2-3 weeks until you begin to see results. So don't give up too soon.

If after a day or 2 of trying one of these tips you don't see the changes you want to see, don't give up. It may just take some time for your body to adjust.

If you find you need or want support, don't hesitate to reach out to me. Go to purehealthysolutions.com to schedule a Clarity Call and let's connect so you can start getting better sleep!

About Beth

Beth is the founder of Pure Healthy Solutions and an Institute of Integrative Nutrition Health Coach.

An AANP Board-Certified Nurse Practitioner, Beth has more than 25 years experience in the health care field.

She leads education-based coaching services and group programs where engagement in community support with others is valued.

She is also the Director of the Healthy Habits School, an online school providing solutions for healthy living.

Follow me on social media @purehealthysolutions

Why Trust Me?

“ My passion is providing solutions for people who are seeking to improve their health and energy levels.

With a healthcare background and experience with adult education, you can be assured the information you receive is factual and actionable.

All of us want to have more energy so we can enjoy our lives. Starting with good sleep that gives us more energy will allow you to pursue the things that matter.

I am your advocate for living an energized and vibrant life!

Making gradual changes with proper support empowers you to reach your health goals and stick to them!

Working together, we can discover the lifestyle choices that best support YOU!

Want More?

Ready for even more support for your healthy life?

I help women with disrupted sleep cycles get better sleep
so they can do the things they love.

Check out the [“Get Better Series for Women”](#)!

Learn More



In the meantime, I invite you to follow up on your
momentum to get better sleep by selecting one or two of
the tips you've read about here.

Thanks for reading!