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19 Tips For Getting Better Sleep Within A Week

Adopt Some or Most of These Tips And You Will Be Sleeping Better Within A Week! Better sleep leads to a better tomorrow. You will look better, feel better, and probably even lose some weight!

If you're having trouble getting the sleep you need, start now.

- 1) Consider keeping a **worry watch journal**.



It is simple. Get out a notebook and for about 10-15 minutes a day – much earlier than bedtime – write down your worries.

Every 2 weeks, go back and look at them to see how many actually panned out. While to-do lists can help keep

you organized, they can also end up producing unwanted stress.

The open-endedness of uncompleted tasks and goals can keep that stream of worry fueling your mind to run at night when you're trying to go to sleep. This therapeutic practice helps calm your brain and challenges your worry perceptions, which in turn can change your thoughts to be more positive!

As the saying goes, “Worry is a total waste of time. It doesn’t change anything. All it does is steal your joy and keep you very busy doing nothing.”

- 2) Keep a **notebook and pen on your bedside table**. Begin writing to-dos and reminders an hour before bed so that you aren't compiling a

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mental list for the next day. If you wake up suddenly remembering an important task, write it down rather than trying to commit it to memory.

- 3) Develop a **pre-bedtime wind-down routine** that you complete every night to prepare yourself for sleep — it's not just for kids. Your routine can consist of any helpful activities that will prepare you for bed and let you relax along the way. A routine will allow your body to realize it's time for bed and will help you fall asleep faster.



- 4) **Prepare for tomorrow the night before.** Pack your lunch, pick out your clothes, and have everything you need ready at the door so you can grab it and go in the morning with zero stress.
- 5) **Go to bed at the same time every night** and rise at the same time every morning. Don't hit the snooze button. If it's hard to get up, adjust by going to bed earlier the next evening.
- 6) Practice a brief **gratitude meditation** by thinking of five things for which you are grateful. Spend a minute thinking of each one. I happen to use the "5 Minute Journal" which is an app on my phone. I write down 3 things that I am grateful for and why, what I will do to make today great, and my daily affirmation. In the evening I write down 3 amazing things that happened today, and how I could have made today even better. It takes 5 minutes! That's it. I highly recommend it.

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- 7) **Stop using electronic devices** at least 1-2 hours before bed and keep them out of the bedroom. Those devices including televisions, smart phones, tablets, and computers, all emit blue light that interferes with melatonin production. Distance yourself from electromagnetic currents that can disrupt sleep, such as Wi-Fi devices.
- 8) **Eat dinner at least 3 hours before bedtime.** If you are craving food after dinner, make it a light snack. A heavy meal requires more of your body's energy to digest, so keep it light when it's late.
- 9) **Block out the light** in your bedroom. Room darkening shades will help you to produce melatonin, the sleep hormone. Keep the lights low in the evening to get you in the mood for sleep. Believe it or not, there are now sleep stimulating light bulbs available now. These bulbs emit an "orangish" hue and have been proven to work. There are other bulbs with a "bluish" hue to help you wake up and stay awake. Check them out on Amazon.
- 10) **Take a bath or shower** before bed. When you step out of the water, you will cool down and the reduced body temperature will make you sleepy.
- 11) Indulge in an **Epsom salt bath**, or if you can't take a full bath, soak your feet. The magnesium in the Epsom salt helps you to relax. If you don't have time for that, get your magnesium in **USANA's Active Calcium** which also has magnesium in it.
- 12) **Turn down the temperature** in your bedroom – you get sleepy when it's cool



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- 13) Use a **melatonin dietary supplement** to help with occasional sleeplessness and to help you fall asleep easier and sleep more soundly. Melatonin has very few side effects and no danger to memory or breathing. It lowers your body temperature by a few degrees, which helps you sleep more soundly. If you've been up late or overnight for a few nights in a row and having trouble getting back to normal sleep, try a melatonin supplement, like [USANA's Pure Rest](#).
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- 14) Be sure to **get your exercise** in during the day – but not right before bed so that you aren't too energized. Exercise helps to relieve stress and makes you physically tired allowing you to sleep more soundly.
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- 15) Try **counting backwards from 300 by 3s**. Simple math can keep our thoughts from wondering and yet isn't so difficult that it will frustrate you.
- 16) If you're still awake after 15 minutes, get up and do something quiet, like **reading a book**. You have to let your body and mind slow down to be able to slip into sleep – so that means quiet activities only.
- 17) Cold feet may be the reason that you can't sleep. Your body temperature begins to cool down when it's time to go to sleep and cold feet can make your body a little too cool for optimal sleep. Improve your circulation and regulate your core temperature by **putting socks on** to warm up those feet before going to bed.

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- 18) **Skip the midnight snack.** Eating right before you go to sleep can make your digestive system work overtime at night in a way that's disruptive to your ability to sleep. It can also make acid reflux worse, by lying down right after eating. Try to stop eating food two to three hours before you plan on going to bed so that you can fall asleep and stay asleep easily.
- 19) Some people have trouble falling asleep in complete silence. If you are one of those people, try investing in a **white noise device**. Turn it on low volume when you get into bed and fall asleep to soothing sounds of the ocean, the rainforest, or just plain white noise.

I hope you achieve the sweet dreams you are seeking with these tips.

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