



SLEEP CHEAT SHEET

IMPROVING SLEEP FUNCTION

- ✓ Avoid blue/white light 1-2 hours before bed. Wear blue light blocking glasses if it's absolutely necessary.
- ✓ Commit to turning off work, social media, the news, and any external stressors several hours before bed. Write down a to-do list if things will remain on your mind.
- ✓ No overhead lights on in the house after it's dark outside – only lamps that are below eye level to enable melatonin production.
- ✓ Avoid alcohol and caffeine intake in the afternoon and evening.
- ✓ Avoid exercise in the evening as it is stimulatory and raises cortisol.
- ✓ Create an evening wind-down routine 1-2 hours before bed (read, relax with family, turn off work, write to-do's in a journal, meditate, sauna, take a magnesium sulfate (Epsom Salt) bath, drink a hot chamomile/SleepyTime tea)
- ✓ Be sure your bedroom is cold and dark. Buy black out shades.
- ✓ Rule out sleep apnea.
- ✓ Evaluate disrupting factors like cell phone pinging, home noises, animals, children, partner's snoring
- ✓ Remove cell phones and wireless devices from the room or put on manual timers
- ✓ Consider a manual timer to turn off the home wifi system while sleeping
- ✓ No eating or drinking 2 hours before bed.

SLEEP SUPPORT NUTRIENTS

- ✓ Magnesium Glycinate – this form of magnesium is calming, and is utilized for over 300 functions in the body. The average dose is 400 mg in the evening.
- ✓ Melatonin – melatonin helps you fall asleep but not stay asleep. It works about 30 minutes after taking it, and your body must be ready to fall asleep at that time! Over dosing melatonin can have an opposite effect and keep you awake. Standard dose is 1.5 mg.
- ✓ NutraBiogenesis Sleep Factors – this contains melatonin and other nutrients needed for a restful sleep. Do not take if you are already taking SSRI's.
- ✓ Biotics Research Acti-Mag - this this formulation contains calming magnesium, taurine, and other factors needed to relax the body and produce restful sleep. It is a great melatonin free supplement.
- ✓ Microbiome Labs ZenBiome Sleep – this is a melatonin free product that helps relaxation and the promotion of restful sleep.

ADDITIONAL CONSIDERATIONS

If sleep continues to be an issue, consider the DUTCH complete test which will give you a snapshot of melatonin production, b-vitamins (needed to make calming neurotransmitters), and cortisol levels. High cortisol at night can prevent you from falling or staying asleep.

Knowing your biochemistry enables you to correctly identify what your body needs so that supplementation is supportive and effective!