

# Have a Restful Night With These Sleep Hygiene Tips



1. Quiet Your Mind About an Hour Before You Sleep by turning off devices.
2. Eat Foods That Help You Feel Sleepy at Bedtime. Focusing more on complex carbohydrates at supper with more protein foods earlier in the day. Diet. Eating too close to bedtime can affect sleep, so eat several hours before going to bed if possible.

Choose foods that help balance hormones. There's a lot we can do to help balance our hormones with the foods we eat. Check out [my article on foods that may help benefit hormones and sleep](#). And some [additional information on foods and hormones](#).

3. Limit alcohol because it affects sleep and don't overdo it on caffeine too late in the day.
4. For some people, taking the hormone melatonin may benefit sleep. Since it is a supplement, the dose and quality may not always be standardized.
5. Relax and De-Stress before bedtime. Herbal tea can be helpful for some people.

Another great way to relax before bed is a warm bath!

6. Limit distraction. Sometimes people can sleep better with some white noise. Several types of noise machines can be very soothing and also block out any unwanted noises that can disturb your rest.
7. Keep a notebook near the bed. If you wake up in the middle of the night thinking about something, you can write it down, forget about it, and get back to sleep.
8. Exercise is important earlier in the day to help us sleep later.
9. Sticking to a regular sleep schedule so our internal clock is reset. Try to go to bed at the same time as well as get up at the same time.
10. Keep Your Bedroom Sleep Conducive: Make sure your room's temperature, mattress, pillows, and bedding are comfortable. Wear comfortable sleep clothing. Keep the room dark with blackout curtains.

Have a restful night and sleep well!



Denise Barratt Registered Dietitian, [www.vineripenutrition.com](http://www.vineripenutrition.com)