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Helping People Build Better Relationships

## HEALTHY SLEEP STRATEGIES

Problems sleeping are incredibly common — approximately 64 million Americans struggle with regular insomnia. Here are some simple, practical strategies that have been effective for many people who are trying to get better sleep. Try incorporating one or two a week to create a new sleep routine.

1. Get 30 minutes or more of cardiovascular exercise, most days of the week. Some studies suggest that morning exercise may be best.
2. Create a schedule to get 7-9 hours of sleep every night.
3. Set regular bedtimes and wake times for yourself. Yes, this includes weekends!
4. Reduce caffeine to no more than 16 oz of coffee daily, preferably before noon. Avoid energy drinks or supplements.
5. Avoid naps.
6. Try ear plugs or white noise machines.
7. Avoid using electronic devices with bright screens (i.e., video games, TV, laptops, iPhones, etc.) in the last half hour before sleep.
8. Don't look at the clock during the night.
9. If you tend to wake up in the night, try doing relaxing deep breathing to center your mind and relax.
10. Have a regular bedtime routine. Half an hour to an hour before bed, try:
  - Dimming the lights
  - Light stretching or gentle yoga
  - Visualizing a peaceful place
  - Soft, calm music or soothing white noise
  - Scenting your room with natural lavender
  - Deep breathing