

# 33 TIPS TO RECLAIM A GOOD NIGHT'S SLEEP



DEDICATED TO ALL THE DREAMERS  
WHO LONG FOR A GOOD NIGHT'S SLEEP



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The Snore Reliever Company, makers of VitalSleep® anti-snoring mouthpiece, has been helping snorers and their bed partners reclaim a good night's sleep since 2010.

As a result of our ongoing research into the causes of snoring and sleeplessness, we have gathered an array of tips and techniques for deep, restorative slumber. You will find them here for your use.



## **1. SET A SLEEP SCHEDULE**

For sleeplessness, doctors recommend getting to bed and waking up at the same time every day, including weekends and holidays. A regular schedule conditions your body to prepare for sleep as bedtime approaches. Devise a sleep timetable that works for you and do your best to stick to it.

## **2. BE KEPT IN THE DARK**

Biologically speaking, our bodies are conditioned to sleep when darkness descends. Light sources in your bedroom, such as a digital clock or streetlight creeping in through the blinds, can interfere with sound slumber. Track down and eliminate light sources in your room and where that is impossible, try a comfortable sleep mask.

### **3. POWER DOWN YOUR GADGETS**

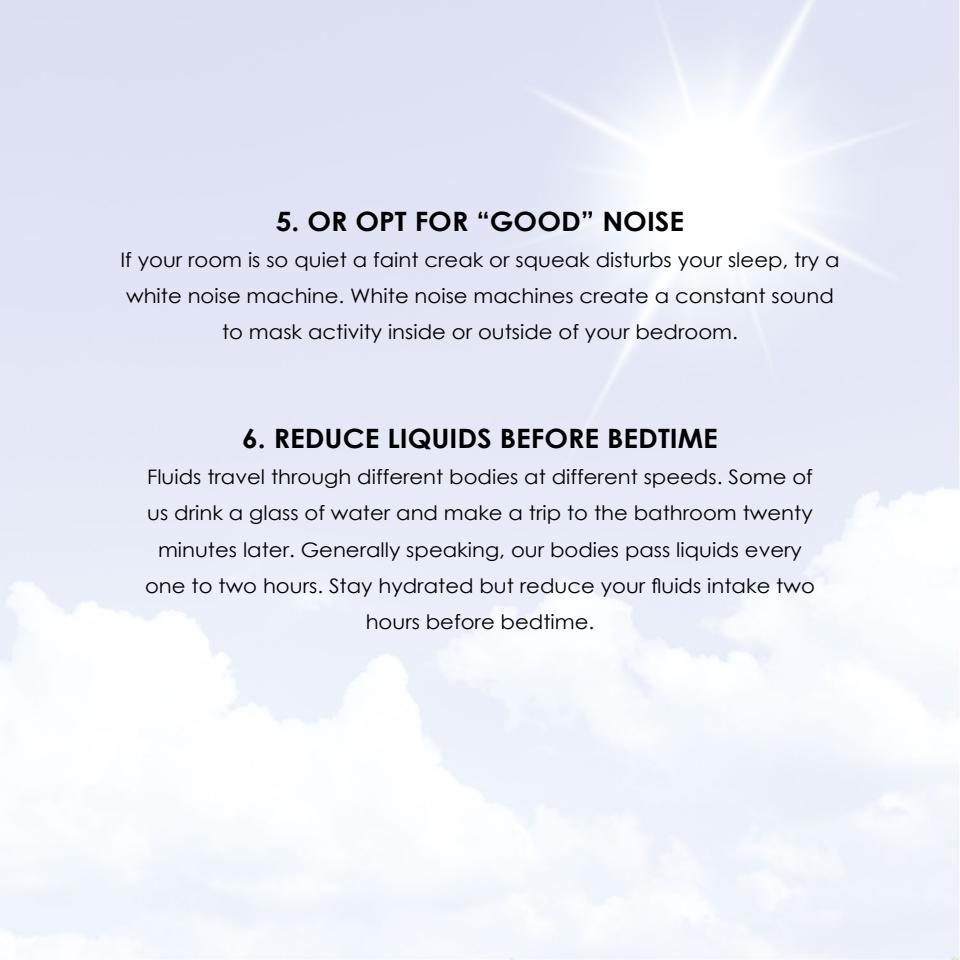
Like many of us, you might lay in bed and watch the tube or surf the web to wind down at night. As it turns out, this activity may rev you up instead.

Recent studies indicate the artificial light emitted by electronic screens suppresses production of the hormone "melatonin," which induces sleep.

Try turning off your gadgets at least one hour before bedtime.

### **4. QUIET IT DOWN**

Eliminate ticking clocks, buzzing electronics and other grating or rhythmic noises from your bedroom. For those sounds you can't escape, such as street traffic or noisy neighbors, try earplugs.



## **5. OR OPT FOR “GOOD” NOISE**

If your room is so quiet a faint creak or squeak disturbs your sleep, try a white noise machine. White noise machines create a constant sound to mask activity inside or outside of your bedroom.

## **6. REDUCE LIQUIDS BEFORE BEDTIME**

Fluids travel through different bodies at different speeds. Some of us drink a glass of water and make a trip to the bathroom twenty minutes later. Generally speaking, our bodies pass liquids every one to two hours. Stay hydrated but reduce your fluids intake two hours before bedtime.



## **7. CHECK YOUR MEDS**

Drugs which address chronic medical conditions can also affect your quality of sleep. These include medications for the heart, asthma, thyroid and depression. Even simple over-the-counter remedies, such as decongestants and some pain relievers, can affect your shut-eye. Consult your doctor to see if your meds are keeping you up at night.

## **8. FORGO THE NIGHTCAP**

Because alcohol is a sedative, you may be tempted to drink before bedtime. While a nightcap may put you to sleep more readily, once its effects have worn off, your ability to stay asleep will be impaired.

## **9. GO EASY ON THE CAFFEINE**

As caffeine is a stimulant, it can easily interfere with sleep. Besides coffee and tea, caffeine is also found in sodas and energy drinks. And keep in mind decaffeinated beverages still contain caffeine, though in lesser amounts. Have your last caffeinated drink of the day by early afternoon.

## **10. DON'T OVEREAT BEFORE BEDTIME**

Our bodies are meant to digest food while we sleep. If you have a late-night binge, it could interfere with slumber. Avoid overeating before bedtime, particularly meals with protein as proteins require the most work to digest.





## **11. BUT DON'T STARVE EITHER**

While you shouldn't overindulge before bedtime, stomach rumbles and hunger pains can also interfere with your shut-eye. Plus, medical studies have linked sleeping on an empty stomach to muscle loss. Researchers recommend eating small meals throughout the day to provide energy to the body during the night. If you are hungry at bedtime, have a light snack of foods that promote drowsiness.

## **12. CATCH SOME RAYS**

Increased exposure to sunlight seems to trigger the body's tendency to sleep in the after-dark hours. Start your day with 15 minutes of natural light. If you are an office worker, try taking breaks outdoors and a stroll during your lunch hour.

### **13. KEEP YOUR COOL**

Bedroom temperatures that are too hot (or too cool) can interrupt sound sleep. Though recommendations vary, the best temperature is the one that enables you to snooze in peace.

### **14. BE A LEAN, MEAN FIGHTING MACHINE**

We've all been told to get regular exercise for fitness. For the sleep-deprived, though, moderate aerobic exercise could lead to better, longer sleep. But there is one big exception: Exercise raises body temperature and adrenaline production which may amp you up instead of wind you down. Studies differ as to the best exercise time for restful slumber; experiment to see what works for you.

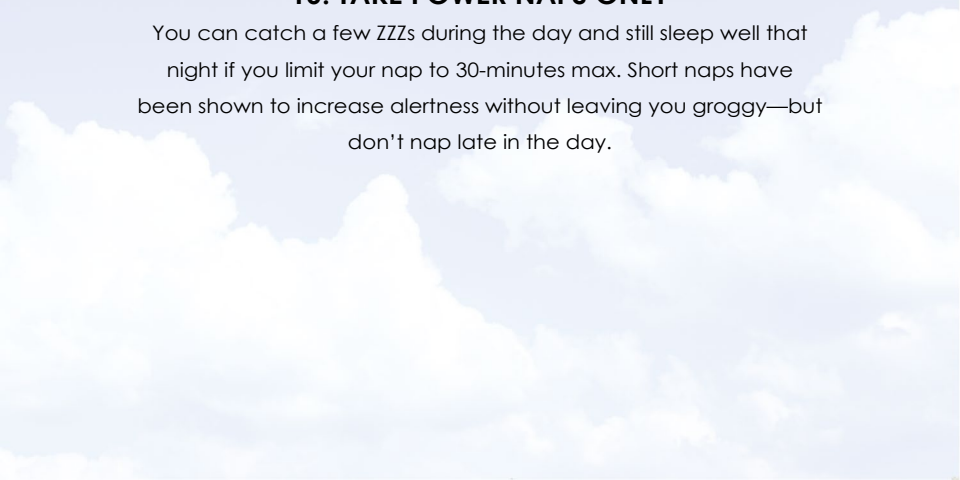


## **15. STOP SMOKING**

Like caffeine, nicotine is a stimulant which can interrupt sleep, particularly for heavy smokers. A university medical study discovered smokers struggle with sleep more than nonsmokers; one reason could be nicotine withdrawal which roused the smokers intermittently through the night.

## **16. TAKE POWER NAPS ONLY**

You can catch a few ZZZs during the day and still sleep well that night if you limit your nap to 30-minutes max. Short naps have been shown to increase alertness without leaving you groggy—but don't nap late in the day.





## **17. CLEAR YOUR MIND**

If you fall into bed worrying about all the things you need to do, chances are you will be tossing and turning instead of sleeping. Before you hit the sack, list out the errands, chores and other attention-grabbing tasks on your mind. And rather than stressing about a lack of shut-eye, visualize yourself in a calm, relaxing locale. This deep relaxation technique can slow mental activity, nudging you toward sleep.

## **18. LAY OFF THE SNOOZE BUTTON**

Hitting the snooze button repeatedly interrupts the final stages of REM sleep, the time in which your body repairs itself and regrows tissues. Skip the interruptions and set your alarm for a later wakeup instead.

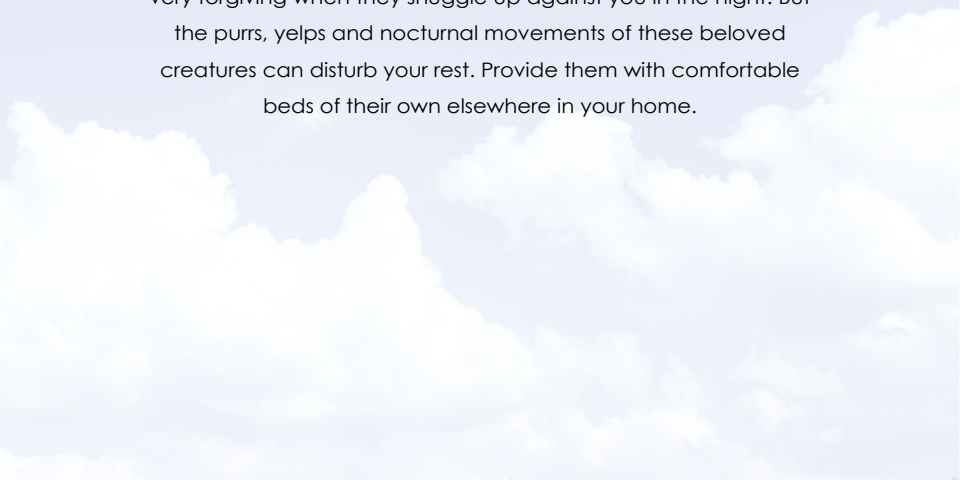


## **19. PUT A SOCK IN IT**

Warm feet seem to help the body prepare for sleep. If you suffer from cold feet at bedtime or during the night, wear socks to bed.

## **20. SLEEP WITHOUT YOUR PETS**

If you are like most people, you adore your household pets and are very forgiving when they snuggle up against you in the night. But the purrs, yelps and nocturnal movements of these beloved creatures can disturb your rest. Provide them with comfortable beds of their own elsewhere in your home.





## **21. TAKE AN EPSOM SALTS BATH**

Soaking in a tub of warm water and Epsom salts can soothe and relax your body. A warm bath also raises your body temperature. Afterwards, your body temperature will drop, mimicking how the body readies itself for sleep.

## **22. EAT FOODS THAT MAKE YOU SLEEPY**

Some foods bring on drowsiness. For instance, almonds contain tryptophan, an amino acid essential for digestion, and magnesium, a mineral which regulates body activity. Together, these substances calm muscles and nerves while steadying the heart. Other sleep-inducing foods include walnuts, cherries, kale and honey, to name a few.

## **23. TAKE A BREAK**

If sleep is hopeless, get out of bed and do something else provided it is relaxing and does not involve bright lights, such as listening to audio books, some easy stretching exercises or taking a warm bath. When you are truly tired, go back to bed.

## **24. BECOME A JOURNALIST**

Keep a daily diary of your sleeping habits and the factors which may influence them, such as bedtimes, wake times, any daytime naps, exercise, meds and other pertinent details. You can use this info to hone in on those activities which impede sound slumber. You can also review your journal with a medical practitioner for further advice on achieving uninterrupted sleep.



## **25. KEEP LAVENDER OIL ON HAND**

Inhaling essential lavender oil before bedtime helps some people sleep more readily and deeply. To soothe and relax your mind and body, place two to three drops of therapeutic-grade lavender oil into your palm and breathe deeply.

## **26. BE COMFORTABLE**

A lumpy or worn-out mattress can be irritating as well as disrupting to your rest. You may not realize that your pillow is home to dust mites, microscopic bugs which feed on dead skin cells and cause allergic reactions. Check with your mattress and pillow manufacturers with recommended replacement times for better snoozing.





## **27. EASE INTO BEDTIME**

End your day and transition to bedtime with a pre-sleep routine. Start with a warm bath and then do some light reading. Steer clear of physically or mentally stressful activities such as cleaning our the closets or discussing emotional issues. Stress increases the secretion of cortisol, an energizing hormone.

## **28. TURN DOWN THE LIGHTS**

Since your body's internal clock is triggered by daylight and nightfall, bright light before bedtime can wake you up rather than mellow you out. If you have high-wattage light bulbs in your home, replace them with low-powered ones. Light dimmer switches will allow you to experiment with ambient light levels suitable for the time of day.

## **29. GO BLUE**

According to sleep studies, the color of your bedroom walls could influence your ability to achieve restful slumber. A hospitality industry survey revealed people who slept in rooms with blue-colored walls got the best night's sleep. Shades of blue in one's surroundings have also been shown to reduce blood pressure. Purple, on the other hand, is least restful. Regardless, choose the color that is most soothing to you.

## **30. DO ONLY THESE TWO THINGS IN BED**

Medical experts recommend reserving your bed for two activities only: sleep and sex. Don't let your bedroom double as your office or recreation room. If you like to read before sleep, keep it to light reading in a comfortable spot elsewhere in your home.

### **31. DON'T SHARE THE COVERS**

If you or your bedpartner always steal the covers, try separate blankets and sheets. Use one fitted sheet for the mattress and then separate top sheets and blankets for each of you. This will not only provide you both with a better night's sleep, it will make for a more harmonious relationship.

### **32. BE YOUR OWN PARENT**

When you were a kid, you may have whined when your parents ordered you to bed every night but at least you got plenty of sleep. Instead of wishing you'd hit the sack earlier, set a bedtime alarm and then ready yourself for sleep.



### **33. FOR THE LADIES**

You may notice a bout of sleeplessness the week before your period.

The culprit here is a temporary but rapid drop of the sleep-inducing hormone progesterone. Try some chamomile tea for its mild sedative effect and consider a low-dose melatonin supplement. Melatonin is a hormone which regulates the sleep-wake cycle and is available, usually in synthetic form, at most health food stores.



**SWEET DREAMS**