


Dr. Spencer's Prescription for Better Sleep...




Sleepy time: Try to have a regular bedtime...and give yourself enough time for sleep.

Light: Limit exposure to bright light, including computer/iPad screens, the last hour or so before bed.

 Tip: www.justgetflux.com This program dims your screen and removes blue light at night (based on when you tell it to come on).

Environment: Keep your sleep environment...

- DARK...dim or cover lights from alarm clocks and chargers.
- Quiet...either silent, or you might consider PINK NOISE as it has been shown to help increase deep sleep.

 Tip: www.simplynoise.com is a pink noise generator that my wife and I use every night.

- Stop snoring! A snoring bed partner will disturb your sleep...and may lead to their untimely death...so don't ignore it!! If YOU are the snorer, do something about it!!!

 Tip: Not sure if you snore (the cats don't tell you), there's an app for that! www.snorelab.com.

- Comfortable...have the temperature of the room comfortable or use blankets to get comfortable. When you have a bed partner you will need to make the temperature comfortable for both of you.

Exercise: Daily exercise will help you sleep more deeply...and is good for you on a bunch of other levels too. Exercise right before bed isn't ideal for most people, but it is better to exercise at night rather than not exercising at all.

Priority: Make sleep a priority. Sleep is one of the 3 pillars of health, along with nutrition and exercise. Improving your quality of sleep can have a tremendously positive effect on your overall health and wellbeing.