



# TIPS FOR BETTER *sleep*

## Occupation

Doing

### **SLEEP**

#### **Positioning**

Try the bed up against a wall. Play around with height of bed. Try sleeping on the floor.

#### **Sounds**

Try a white noise machine or a guided sleep meditation. Try a binaural beats sleep CD, like "Sleepy Time by Dr. Thompson"

#### **Routine**

Have a consistent routine. Make a visual schedule to follow. Read physical books, not on a screen. Try incorporating warm baths before bed. Practice a gratitude journal, mindfulness, and/or prayers.

#### **Tactile/Proprioceptive**

Explore a weighted blanket or heavy quilt. Try different textured sheets, ie satin, flannel, fleece. Provide body in space awareness by trying a sleeping bag, hugging body pillow, or being tucked in real tight. Do deep pressure activities before bed.

#### **Scents**

Try essential oils, as a room spray, pillow mist, or diffused right before bed. Commonly used scents include Lavender, Roman Chamomile, Frankincense, & Vetiver. Source from a reputable company, many of which make blends. Ensure all oil blends are safe for kids.

#### **Vision**

Avoid blue light/screens at least 60 minutes before bed. Try wearing blue light blocking glasses at night. Install nighttime filters on all screens. Use a warm light bulb (ie the sleepy baby nursery light bulb). Explore light blocking shades or a sleep mask. Keep bedroom walls a neutral, soothing color. Keep the room visually organized and not cluttered. Remove electronics from bedroom.

#### **Avoid Caffeine, Sugar and Carbs before bed.**

*Carbs can lead to spike in blood sugar, a subsequent later drop and result in feelings of intense hunger that can waken to keep you awake. Also avoid excess liquids, spicy and heavy fatty foods.*

#### **\*Explore Supplements:**

#### **Vitamin D and Omega-3, B vitamins, Magnesium, Zinc, Melatonin**

*These are important nutrients in regulating serotonin, melatonin and preventing adrenal fatigue, therefore improving sleep.*

\*Consult PCP or Naturopathic Doctor before use\*

#### **Body Position**

*Try the abdominal sleep reflex sleep position. Avoid the neck tipped backwards.*

#### **Neurosensorimotor Reflexes**

*Take the body out of fight/flight/freeze. Do your home program provided by therapist.*

## Environment

Extrinsic Factors

## Person

Intrinsic Factors

*Artificial light, especially blue light, suppresses the release of melatonin, a hormone that helps your body know when it is time to sleep and wake up.*

