



A GUIDE TO BETTER SLEEP



*Gentle, Evidence-Informed Practices
for Restorative Sleep*



WHY SLEEP MATTERS

Sleep is not a luxury—it is a biological necessity. Quality sleep supports emotional regulation, memory, learning, immune function, hormone balance, metabolic health, and cardiovascular function. It also plays a critical role in mental health. Poor or insufficient sleep is strongly linked to increased risk for anxiety, depression, irritability, difficulty concentrating, and burnout.



Newer research continues to reinforce what we've long known: *consistently good sleep is one of the most powerful foundations for overall health and resilience.*

WHAT THE LATEST RESEARCH TELLS US



Adults who consistently get 7–9 hours of sleep per night have lower risks of heart disease, stroke, diabetes, depression, and cognitive decline. (2023 American Heart Association Scientific Statement)



Poor sleep can increase stress reactivity and reduce the ability to regulate emotions. (2024 review in *Nature Reviews Neuroscience*)



Regular sleep and wake times support circadian rhythm alignment, which improves mood, energy, and cognitive performance. (2023 National Sleep Foundation)



Chronic sleep deprivation is associated with increased inflammation in the body and higher risk of chronic illness. (2023 meta-analysis in *Sleep Medicine Reviews*)

THE BIG PICTURE

Better sleep isn't about perfection. It's about creating conditions that allow your body and mind to wind down, feel safe, and enter the natural rhythm of rest. Small, consistent changes create meaningful, lasting results.



A GENTLE REMINDER

Some nights will be better than others. That is normal. The goal is progress, not perfection—and self-compassion is part of the practice.



EVIDENCE-INFORMED STRATEGIES FOR BETTER SLEEP



1. GET NATURAL LIGHT EACH DAY

Morning sunlight helps regulate your circadian rhythm and improves sleep quality at night. Aim for at least 15–30 minutes outside each day.



2. KEEP A CONSISTENT SCHEDULE

Go to bed and wake up at the same time every day—even on weekends. Regularity strengthens your body's internal clock.



3. BE MINDFUL OF STIMULANTS

Caffeine can interfere with sleep for up to 8–10 hours. Try to avoid caffeine after mid-afternoon. Limit nicotine and be cautious with alcohol, which disrupts deeper sleep stages.



4. REDUCE BLUE LIGHT IN THE EVENING

Limit screens at least 60 minutes before bed. Blue light from devices can interfere with melatonin production and delay sleep.



5. CREATE A WIND-DOWN ROUTINE

A calming pre-sleep routine signals your body it's time to rest. Try reading, gentle stretching, journaling, a warm bath, or relaxation exercises.



6. OPTIMIZE YOUR SLEEP ENVIRONMENT

Keep your room cool, dark, and quiet. Comfortable bedding and a clutter-free space help your nervous system feel safe and settle.



7. MOVE YOUR BODY—EARLIER IN THE DAY

Regular physical activity improves sleep quality, but intense exercise is best done earlier in the day, not right before bed.



8. MIND YOUR MEALS

Heavy, spicy, or large meals close to bedtime can disrupt sleep. Aim to finish eating 2–3 hours before bed.



9. MANAGE WORRY AND OVERTHINKING

If your mind races at night, try a worry journal, brain dump, or a short mindfulness practice to help release mental clutter.



10. PRACTICE SELF-COMPASSION

Anxious nights happen. Respond with kindness, not frustration. Self-compassion reduces stress and supports better rest.

WHEN SLEEP IS A STRUGGLE

If you've tried these strategies and still experience persistent sleep problems—such as insomnia, snoring, sleep apnea, restless legs, or nightmares—it may be helpful to consult a healthcare professional. Underlying medical or mental health concerns can affect sleep.



BETTER SLEEP, BETTER YOU

Quality sleep supports your mind, emotions, relationships, and physical health. By caring for your sleep, you are investing in your resilience, clarity, and well-being.

Rest is not a reward. It is a requirement.



NEED SUPPORT?

If sleep challenges are impacting your daily life, therapy can help you address the root causes and build healthier patterns. Schedule a consultation to take the next step.

SCHEDULE A CONSULTATION →