

# Tips for Better Sleep

## *Facts:*

- we spend 2 hours per night dreaming
- key driver of the body's internal clock is the suprachiasmatic nucleus (SCN), made up of 20 000 neurons
- Adults between 18-64 need 7-9 hours of sleep per day

## *Good Sleep Habits:*

- Stay away from alcohol or caffeine before bed
- Turn off all screens 1-2 hours before sleeping
- keep your room clean to increase relaxation
- try to block out noise
- Take a warm bath or shower, and dry your hair to avoid headache

## *Relaxation Techniques:*

- Try essential oils - lavender and camomile as well as others
- Count while taking slow deep breaths, visualize relaxing scenarios
- Progressive Muscle Relaxation: contract and relax each muscle group
- Read a paper book or write in a journal

