



# Sleep Hygiene Checklist

## 10 Steps to Deep, Restorative Sleep Tonight

Just Breathe ❤️ Lifestyle Medicine with Julie

### The Foundation of Rest

Sleep is when your body repairs itself, clears brain toxins, and balances hormones. Use this checklist to create a sanctuary for sleep.

### Your Evening Routine

- 1. The Caffeine Cut-Off** Stop all caffeine intake by 12:00 PM. Caffeine has a half-life of up to 8 hours, meaning a 4 PM coffee is still in your system at midnight.
- 2. The 3-Hour Food Rule** Finish your last meal 3 hours before bed. Digestion requires energy and raises body temperature, which can interfere with deep sleep.
- 3. Dim the Lights** At sunset (or 2 hours before bed), dim household lights. This signals your pineal gland to start producing melatonin, your sleep hormone.
- 4. Digital Sunset** Turn off screens (phones, TV, tablets) 1 hour before bed. Blue light suppresses melatonin. Read a physical book or listen to calming music instead.
- 5. Cool It Down** Set your bedroom temperature between 60°F - 67°F (15°C - 19°C). Your body core temperature needs to drop to initiate sleep.

**6. Magnesium Magic** Take 200-400mg of Magnesium Glycinate 1 hour before bed. It helps relax muscles and calm the nervous system.

**7. Brain Dump** Spend 5 minutes writing down tomorrow's to-do list or any worries. Get them out of your head and onto paper so your mind can rest.

**8. Total Darkness** Ensure your room is pitch black. Use blackout curtains or a high-quality sleep mask. Even a tiny LED light can disrupt sleep cycles.

**9. 4-7-8 Breathing** In bed, try this: Inhale for 4 seconds, hold for 7 seconds, exhale slowly for 8 seconds. Repeat 4 times to lower cortisol.

**10. Morning Light (For Tomorrow Night)** Get 10-15 minutes of direct sunlight in your eyes within 30 minutes of waking up. This sets your circadian rhythm for the next night's sleep.

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## Sleep Superfoods

- **Tart Cherry Juice:** Naturally high in melatonin.
- **Kiwi Fruit:** Studies show eating 2 kiwis before bed can improve sleep duration.
- **Chamomile Tea:** Contains apigenin, an antioxidant that promotes sleepiness.

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Rest well, heal well.

Just Breathe ❤

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## Reset Your Internal Clock

Your sleep-wake cycle is regulated at the cellular level. Oxidative stress can disrupt these delicate "clock genes," leading to poor sleep.

[Discover how Redox Signaling helps reset your circadian rhythm →](#)