



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.

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.
-

Rest well, heal well.

Just Breathe ❤️

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 →](#)