

# Tips for Better Sleep

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## Before Bed

1. **Wash face with cold water:** Immersing or washing your face in cold water for 30 seconds will lower your heart rate and narrow your blood vessels, causing reduced blood flow to the limbs and reserving more for the brain and heart. It basically signals your body into a relaxed hibernation mode.
2. **Turn down the heat:** We sleep better in cooler environments. Think about making it cooler than you would feel comfortable while awake.
3. **Bed is for Bed Time:** Try not to spend extra time in bed during the day or to wind down too long before wanting to sleep. You want to associate the bed with sleeping, not being awake.
4. **Disengage Screen Time:** Put down your phone and turn off any screen at least a half hour before you want to be asleep.
5. **Keep the lights down low:** Turn your phone to dark mode as the sun goes down. Also dimming/reducing lights in the house an hour or so before you want to be asleep can be helpful as well.
6. **Journal/Log:** If you have reoccurring thoughts or concerns as you're trying to fall asleep, you might find it useful to jot down what you're thinking about on paper and make a note to think about it in the morning when you are refreshed.
7. **Mindful Gratitude:** While in bed, focus your attention on the comfortable sensations of your bedding and home.
8. **Mindful Breathing:** Pay attention to your breath. Let all other thoughts pass out of your awareness. Breathe slow and deep.

## During the Day

1. **Outdoor Activity:** Even 30 minutes of dedicated walking during the day can help you sleep at night. Sun exposure helps your body create melatonin, a primary hormone indicated in falling asleep.
2. **Reduce Caffeine:** People often don't know how much caffeine is in the beverages they consume and how long the effects last. Reduce your caffeine consumption in the morning and eliminate it all together the rest of the day.
3. **Consistent Routine:** Try to create consistency around when you go to bed every night and what you do before bed. Develop a bedtime routine and your body will get trained to prepare for sleep.

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