



Tips for Better Sleep

Stick to a routine. Have a set bedtime and wake up time, even on weekends. This helps regulate your body's internal clock.

Exercise daily. Moderate to vigorous exercise can help you sleep better. However, avoid exercising too close to bedtime.

Avoid napping. Try to avoid taking naps during the day, especially in the afternoon.

Catch some rays. Start the day by opening the blinds, and get outside during the day. This helps set our circadian rhythm, our natural sleep cycle.

Set the mood. A good sleep environment should be cool (60 - 70° F), dark (use black out curtains especially if you're a shift worker), and quiet. Use ear plugs and a fan to help create the perfect sleep space.

Choose comfort. Make sure that you have a mattress and pillows that are comfortable and supportive. The typical lifespan of a mattress is 9-10 years.

Limit alcohol, caffeine and cigarettes. It's best to avoid these 2-3 hours before bed. They contain stimulants and actually disrupt your sleep. Spicy foods, or large meals can also make it harder to fall asleep. Try a light snack 45 minutes before bed if you are hungry.

Avoid blue screens before bed. Avoid bright lights before bed as they can confuse our sleep cycle. Turn off the TV, shut down the computer, and put your phone away at least an hour before bed.

Create a relaxing bedtime routine. Take a hot shower, have a cup of tea, do some light stretching, try some deep breathing or meditation, read a little or listen some calming music. These can help you unwind and reduce stress and anxiety.

Contact your onsite Health Coach for more information:

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Bedtime Snacking

Helpful

Tryptophan Rich Foods

Dairy products
Honey
Eggs
Bananas
Nuts
Seeds

Whole Grains

Wheat Crackers
Whole grain bread
Popcorn
Oatmeal
Cereal

Harmful

High Fat Foods

Fast Food
Greasy Foods

Protein

Large portions

Caffeine

Coffee
Tea
Soda
Chocolate
Medication*check for caffeine

Alcohol

Bedtime Snack Ideas

- Banana with nut butter
- Oatmeal with berries
- Greek yogurt with granola
- Tart cherries
- Pistachios
- Popcorn
- Cottage Cheese
- Whole grain crackers & low-fat cheese
- Whole wheat toast & peanut butter



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