

Guidelines for a Better and More Restful Sleep

- Avoid shift work – it will confuse your body's natural rhythms, interfering with melatonin production. It takes about six days for the pineal gland to adjust to a changing sleep schedule.
- Enjoy the outdoors – spend at least 20 minutes a day outside in natural light without sunglasses, preferably in the early morning. This may help increase melatonin levels during the night.
- Sleep in a dark room – this includes blocking out light shining in from the streets. If you often wake up during the night to use the bathroom, try having a nightlight on instead of turning on a bright light.
- Maintain a regular bedtime and wake time, even on days off work and on the weekends. Try going to bed early and getting up early.
- Avoid excessive exposure to electromagnetic radiation, which interferes with melatonin production. Do not sleep within three feet of an electrical outlet or device.
- Exercise regularly. Confine vigorous exercise to early hours or at least six hours before bedtime. Do mild exercise at least four hours prior to bedtime.
- Practice a meditative or breathing exercise one or more times daily, particularly before bed.
- Use your bedroom only for sleep, sex and times of illness.
- Avoid large meals close to bedtime.
- Avoid ingestion or caffeine within six hours of bedtime.
- Avoid other substances that may interfere with melatonin production such as alcohol, recreational drugs, and nicotine.