

A Routine for Establishing Healthy Sleep

1. Select a bedtime where you can get 8-9 hours of sleep, preferably before 11pm.
2. Go outside around noon for twenty minutes to get bright natural light, do your exercising before 1pm.
3. Have an early dinner, make sure your stomach is empty before going to bed. At least 3 hours is necessary but 5-6 hours after the last meal is optimal for sleep.
4. Don't engage in intense mental activity for at least 2 hours before bedtime- light reading is ok.
5. Turn off all bright lights as soon as possible after sunset, very strictly for the last hour before bedtime- use gentle candlelight instead of a bright room light if possible.
6. In the last 45-90 minutes before bed take a neutral, not hot, bath. The temp should be around 92-97 degrees. If you have insomnia you can stay in the bath for 15-60 minutes. During the last part of the bath let the water cool down somewhat so it feels cool to the touch. You can add a few drops of lavender essential oil and dimly light the bathroom with candlelight- rest in a horizontal position as soon as possible after the bath.
7. Take a dose of mild sedative herbs as formulated by your practitioner 30-60 minutes before bed.
8. Get horizontal for 30-60 minutes before going to sleep.
9. At the time you set to go to sleep, take another dose of sedative herbs, turn off all lights, draw blinds and curtains, don't turn on any lights again until morning, try to make the room pitch dark (cover any glowing lights from electronic devices like alarm clocks, computers, radios—do not leave the TV on all night!), release the events of the day, relax.
10. Eat a substantial breakfast with abundant protein, try to consume 80% of daily protein requirements at breakfast and lunch.

Source: The pathophysiology of sleep debt.