



NATURIMEDICA

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Keep this guide handy and refer to it daily! Stick it onto your fridge or next to your desk

YOUR MORNING-TO-EVENING SLEEP PROMOTING CHECKLIST

✓	6am - 7am	Wake up at the same time each morning including on the weekends.
	6am - 8am	Start the day with exposure to sunlight for around 30 minutes within an hour of getting up. Combine this with morning exercise for optimal results.
	7am - 8am	Have a protein rich breakfast within 1 hour of waking up.
	12pm - 1.30pm	Eat lunch containing protein, complex carbohydrates and starchy vegetables.
	12pm - 1.30pm	Go for a walk at lunch time for 15-30 minutes. Expose the skin and eyes to sunlight.
	12pm-onward	Don't consume caffeine, sugar or nicotine after lunch (if at all).
	6pm - 7.30pm	Eat a light dinner containing a small serve of protein, and larger serves of well-cooked complex carbohydrates (e.g. rice, quinoa or buckwheat) and starchy vegetables (e.g. sweet potato, potatoes, carrots).
	7.30pm-onward	Dim the lights around the house. Stop any work-related activities.
	8.30pm - 9pm	Unplug all electronic devices and turn off the TV at least 1-2 hours before bed. Remove them from your bedroom for the night.
	9pm - 9.30pm	Have a small bedtime snack, if needed. E.g. Half a banana with 1tsp of nut butter.
	9.30 - 10pm	Take the time to unwind the body and mind by relaxing in your favourite way e.g. listening to soft music, meditating, taking a warm shower or bath.
	9.45pm - 10pm	Be in bed by 10pm. Make sure the room is dark, quiet and the temperature is cool and comfortable.
	~10pm	Use the bathroom to prevent getting up to urinate during the night.
	10pm - 10.30pm	Lights out. Go to bed at the same time every night. If you can't fall asleep within 15 minutes, leave the bedroom, open the window or go outside and take 10-20 deep breaths. Then sit somewhere quiet and read a relaxing book (not on your tablet!) for 15-20 minutes or until you get tired and sleepy. Then go back to bed and start the sleep cycle.