

One

As soon as possible after waking, aim to expose your eyes to 2-10mins of sunlight outside.

This activates receptors in your eyes that communicate to your brain that it's morning and time to wake up! This also sets off a timer for melatonin (our sleepiness hormone) to be released in the evening.

P.s. looking at light through a window takes 50x longer for your eyes to register. So aim to get outside in the mornings.

Three

Experiment with exercising outside in the mornings.

Morning exercise stimulates earlier melatonin release and shifts the circadian rhythm forward. Causing you to feel sleepy earlier in the evening.

Five



After 8pm, avoid or minimise all bright lights. Including TV, laptops and screens.

Light exposure between 11pm and 4pm in particular, suppresses dopamine (our 'feel good' hormone) and inhibits our learning ability during the day.

Candle lights or salt lamps are better options in the evenings as they do not contain any 'blue light' which stimulates wakefulness.

Two



Figure out your personal caffeine tolerance.

Many people benefit from avoiding caffeine in the afternoons however some people can tolerate it late in the afternoon and sleep just fine. If you have trouble falling asleep in the evenings, experiment with sticking to caffeine just in the mornings or even try going a whole day without!

Recommendations are to have your last coffee at least 6hrs before your usual bed time.

Four

Try participating in something every day that gets you into your 'zen' state.

This could be meditation, reading, walking the dog, yoga, having a bath - anything that you find relaxing!

This activates your body's parasympathetic system - the 'rest and digest' system.

Six



Aim to view sunlight in the evening or within 1hr of sunset (for 2-10 mins), to communicate to your body it's the end of the day.

Sounds way too simple right?? That's because it is! Combining this with light exposure in the morning, enables your body to solidify circadian rhythms meaning you're more likely to feel tired and stay asleep during the night.

6 steps  
to achieve quality  
Sleep

# References

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