



GOOD NIGHT

A Brief Guide to Sleep and Dream Hygiene

Curated by MIA IMANI

5 KEYS TO GOOD SLEEP



Mindfulness
Schedule
Exercise
Environment
Diet

MINDFULNESS

TUNING IN BY TUNING OUT

MINDFULNESS



Definition: Mindfulness meditation involves focusing on your breathing and then bringing your mind's attention to the present without drifting into concerns about the past or future. It helps you break the train of your everyday thoughts to evoke the relaxation response, using whatever technique feels right to you. It includes elements of awareness, circumspection (being watchful about your thoughts) and self-compassion. Some key principles, in practicing Mindfulness include non-judgement, patience, non-striving, letting go, acceptance (but not giving up) and trusting yourself.

MINDFULNESS

How to create the mental space for better sleep

1. Approach the sleep process with no expectations about how your sleep will be.
2. You can't force yourself to sleep. Falling asleep is **NOT** a result of effort.
3. Let go of your attachment to the idea that sleep is a problem that needs to be fixed.
4. Don't think of your sleep as a 'performance' with success or failure.
5. Choose to accept that you cannot directly control your sleep.
6. It is like getting fit at the gym - it takes time.



EXERCISE TO TRY: MINDFULNESS MEDITATION



Director emeritus of the Harvard-affiliated Benson-Henry Institute for Mind Body Medicine Dr. Benson recommends practicing mindfulness during the day, ideally for 20 minutes, the same amount suggested in the new study. "The idea is to create a reflex to more easily bring forth a sense of relaxation," he says.

SCHEDULE

RIGHT PLACE RIGHT TIME

SCHEDULE

How to create a routine
for better sleep



We are creatures of habit, having a sleep routine or schedule helps maintain and stabilize our circadian rhythms. This schedule includes our sleep/wake times, eating, exercising and wind-down times. [Circadian rhythm](#): A circadian rhythm, or circadian cycle, is a natural, internal process that regulates the sleep–wake cycle and repeats roughly every 24 hours.

SCHEDULE

3-7 HOURS BEFORE BED:

Caffeine should be avoided close to bedtime. This isn't just coffee and tea. It is also found in colas and soft drinks. There are different views on how many hours before bed you should have your last caffeine intake. Some say caffeine should be avoided for at least 3 to 7 hours before going to sleep.

1 HOUR BEFORE BED:

Activities that are stimulating should be avoided in the hour before bed. This includes moderate exercise, computer games, television, movies, having important discussions, using social media and responding to emails and text messages. Being in a brightly lit environment or the blue light of the computer can reduce evening levels of the a sleep-promoting hormone, melatonin. Don't fall asleep on the couch during the evening as it reduces your sleep pressure and makes it harder to fall asleep when you go to bed.

SLEEP GOAL 7+ HOURS (18-65+ Years Old)

CONSISTENCY IS KEY

Go to bed and wake up within 20 minutes of the same time every day.



EXERCISE

MOVE THE BODY QUIET THE MIND

EXERCISE



Regular exercise has a strong correlation to getting good sleep. People who exercise regularly report better sleep quality than those who don't. Physical activity can increase the amount of time we spend in deep sleep, the most restorative sleep stage. Fitness can also reduce sleep onset time, allowing you to fall asleep faster once your head hits the pillow. Exercise increases sleep duration, boosting the number of hours you are able to sleep and decreasing the time spent lying awake in the middle of the night.

EXERCISE

How to use movement to quiet the mind

1. You do not need to do much before you'll start to feel the benefits of exercise. Just 30 minutes a day can be enough to improve your sleep.
2. Aerobic exercise raises your heart rate and increases blood flow. Moderate intensity aerobic activities such as brisk walking, water aerobics, and semi-hilly bike rides. [Aerobic exercise has shown to be particularly impactful for people with insomnia and other sleep disorders. This type of exercise can improve total sleep time, ability to sleep through the night, and overall sleep quality.](#)
3. Integrate exercising that includes mindfulness such as yoga or tai chi. Both focus on awareness of one's body and breath.
4. **Timing is everything:** Make sure that moderate exercise occurs at least 1-2 hours before bed to give your brain plenty of time to wind down.



EXERCISE TO TRY: PRE-BEDTIME YOGA



ENVIRONMENT

SETTING THE MOOD FOR SLEEP

ENVIRONMENT



Your quality of sleep isn't just get impacted by your activities and choices during the day, it also gets influenced by where you are sleeping. Creating the right environment for sleep makes it easier to unwind by using the right light, heat, and comfort conditions for a more restful night.

ENVIRONMENT

How to create the physical space for better sleep

1. **Sleep in darkness:** Keep any light entering the room, Block or remove sources of white or blue light (computer, cell phone, television)
2. **Reduce noise:** wear earplugs; silence cell phone calls and nonessential alerts. External noise can cause frequent awakenings.
3. **Keep it cool:** Heat disrupts sleep. Aim to keep your room between 60-70 degrees. The lower it is, the better quality of sleep you will have.
4. **This is a bed, not an office:** Avoid watching TV, reading, or working in the sleeping area
5. **Cut down the clutter:** Visual clutter can generate stress, which is a known barrier to quality sleep.
6. **Smells like good sleep:** Using essential oils that promote calm such as lavender can help with relaxation.



EXERCISE TO TRY: Creating the right mood



DREAM DESIGN

DIET

GUT SLEEP, THE DREAM DIET

DIET



We all know that drinking coffee or caffeine-rich foods can keep us up at night. Incorporating sleep-inducing foods every evening can possibly increase your quality of sleep. Although research is being conducted, it still isn't conclusive. Always consult a dietitian for further insight into what to incorporate into your meal-plan to get more fulfilling rest.

DIET

What to eat to encourage a more restful and fulfilling sleep

1. **Magnesium:** Magnesium is a mineral that's important for sleep, the foods highest in magnesium include nuts (soy, almonds, cashews), and seeds (flaxseed), leafy green vegetables, whole grains, beans, and legumes.
2. **Tryptophan:** Eating foods rich in Tryptophan 45 minutes before bedtime, decreases the time it takes to fall asleep. Try adding one or more of the following foods an hour before you go to bed: dark chocolate, oats, cheese, nuts and seeds, bread, and fruits like bananas and apples.
3. **Vitamin B6:** Vitamin B6: Helps produce melatonin (a sleep-inducing hormone triggered by darkness). Most fish (salmon, halibut and tuna) boast vitamin B6, which is needed to make melatonin.
4. **Iron:** Research has shown that iron deficiency has been linked to sleep disorders. cereals, bread, pasta, and peas



EXERCISE TO TRY:

Make A Sleep Smoothie



[RECIPE HERE](#)

DISTILLING DREAMS

BUILDING YOUR DREAM BANK

DISTILLING DREAMS



For most of us, poor dream recall is the biggest issue that impacts our relationship to our dreams. After we implement a regiment that supports better sleep, the next step is to use practices that help us create intimacy with the subconscious realm.

DIGESTING DREAMS

Tips for recalling dreams from Robert Stickgold, an associate professor of psychiatry at Harvard Medical School who specializes in sleep and cognition

1. **Magic words:** Say, "I'm going to remember my dreams" three times before you drift off to sleep.
2. **Wake up and pause:** When you awake, don't move at all. Any sensory perception or movement will wipe out memories of a dream. "If you roll over and say to your spouse that you just had the coolest dream, you're going to lose it," Stickgold says. "Stay half-asleep and replay what you remember in your mind. As you replay it while awake, it gets stored differently, and now you've got it. A whole other chunk might even pop into your mind."
3. **Dream Journal:** Write down the details you remember from the dream including a title for the dream.
4. **Consistency:** For two weeks, tell yourself to remember your dreams every night and morning.



EXERCISE TO TRY:

Start your dream diary



A young child with dark hair, wearing a black and white striped t-shirt, is sitting in a blue and white stroller. The child is holding a chocolate ice cream bar and appears to be eating it. The background is slightly blurred, showing what looks like a tiled wall. The overall image has a dark, moody tone with a semi-transparent black overlay.

SWEET DREAMS