



Sleep 101:

Simple Tips for
Better Sleep



Hey there, Sleep Seeker!

Struggling with sleep? Don't worry!
Sleep is a common challenge
millions of people face every night.

The good news is – achieving a
good night's sleep is easier than
you think.

Read this short guide and learn the
easy-to-follow tips that can totally
change the way you sleep.



Understanding Sleep:

Three Key Stages

When you sleep, your body isn't just resting. It's busy doing important work in three different stages.

Each stage helps a different part of you get ready for tomorrow.

- **Light Sleep**

During this stage, your body is starting to relax and recover. Think of it like taking a quick nap.

- **Deep Sleep**

This is like a deep rest. Your heartbeat and breathing slow down, and your muscles relax.

- **REM Sleep**

Your brain gets busy during this stage. It's when you dream and sort out your memories.

Stage 1:

Light Sleep

Light sleep is like a warm-up for your body.

It helps you recover from the day's stress and gets everything ready for the deeper sleep stages.

It's important because it makes up a big part of your sleep, and it helps you wake up feeling rested.

Make It Cold



Your body needs to cool down by 2°F to enter light sleep. If your room is too hot, this is very difficult for your body and you won't sleep well.

Stage 2:

Deep Sleep

Deep sleep is like a deep clean for your muscles.

During this time, your body fixes daily wear and tear. This is why you feel refreshed and energized after a good night's sleep.

But, without enough deep sleep, your body won't get the chance to heal properly.

Make It Dark



Your body needs total darkness to get proper deep sleep. If you can't turn off all the lights, get a comfortable eye mask to protect your eyes while you sleep.

Stage 3:

REM Sleep

REM sleep is when your brain repairs. It's when your mind sorts out memories, learns from the day, and even comes up with new ideas.

This stage is when you dream, which helps your brain work out problems or feelings.

REM sleep is the most important for creativity and mental focus.

Relax Your Mind



To get good REM sleep, your brain needs to relax. Unwind before bed by stretching, meditating, or using CBD for your mind to rest & repair.

3 Tips for Better Sleep.

Here are the 3 best tips for deeper, more restful sleep.

- **Make It Cold**
- **Make It Dark**
- **Relax Your Mind**

Transform your sleep health with these 3 simple steps! Continue reading this 101 guide to learn more.



1.

Make it Cold

Your body has a natural rhythm called the “circadian rhythm” that regulates sleep.

Part of this rhythm involves lowering your body temperature to tell your body it's time to sleep.

A cold room helps this natural process and encourages quicker, deeper sleep.

- **Temperature**

The best room temperature for sleep is between 61–69°F

- **Bedding**

Use breathable sheets and blankets to avoid overheating.

- **Clothing**

Wear less clothing or light pajamas to maintain a cool body temperature.

2.

Make it Dark

Darkness triggers the release of melatonin, your body's natural sleep hormone.

Even small amounts of light can stop your body from making melatonin. That means you have to sleep in total darkness.

If you can't black out your room, get a cozy eye mask to protect your eyes while you sleep!

- **Curtains**

Invest in blackout curtains or shades to block outside light.

- **Devices**

Limit screen time before bed and use night mode to reduce blue light.

- **Eye Mask**

Get a sleep mask for total darkness, especially when traveling.

3.

Relax Your Mind

Anything that keeps you thinking is bad for sleep. This includes stressful thoughts and memories.

Because REM sleep is needed for mental recovery, it's crucial that you relax your mind before bed.

Meditate, stretch, take a warm shower, or use CBD to relax and prepare your brain for rest.

- **Routine**

Establish a calming bedtime routine, such as reading or deep breathing.

- **Meditation**

A few minutes of meditation or prayer can relieve anxiety and mental stress.

- **CBD & Magnesium Glycinate**

Both help relax your nervous system and promote a calm mind for restful night.



Your Natural Rhythm

Your circadian rhythm is your body's internal clock.

It's triggered by light and temperature. It aims to link your sleep pattern to Earth's day and night.

- **Get Sunlight**

Get at least 20 minutes of sunlight every day, preferably in the morning, to help set your internal clock.

- **Stick to a Routine**

Going to bed and waking up at the same time every day, even on weekends, helps to regulate your circadian rhythm.

- **Cut Out Blue Light**

Phones, TVs, and LED lights emit blue light that can mess with your sleep. Try to cut these out (or use "night mode") at night.

Stay Away From:

- Caffeine: It's best to skip caffeine after 4 p.m. because it's a stimulant that can keep you awake.
- Heavy Meals: Try to finish meals at least 2 hours before bed so your stomach isn't working overtime.
- Alcohol: While alcohol might make you feel drowsy, drinking it within 2 hours of sleep can ruin your recovery.
- WiFi Router: It's best to keep your router out of your sleeping space as it can negatively affect your sleep.
- Stressful Stuff: Avoid anything that raises your heart rate or frustrates you before bed.

Remember: While things like food, alcohol, and nicotine might feel relaxing, they actually wake up your brain. This gets in the way of your deep, restorative sleep.

Questions about sleep?

We're here to help!

Text us 24/7 at
(323) 352-9131

Or visit usamedical.com