



HOW TO GET BETTER AT SLEEPING

Sleep is THE foundation of our mental, emotional, physical health and performance. A good night's sleep is also one of the hardest things to perfect! Like most things in life, it takes practice and a healthy dose of discipline.

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HERE IS HUBERMAN'S LIST FOR HOW TO GET BETTER AT SLEEPING:

- 1 Wake up your circadian clock** - Get some sunlight outside (not through a window) within 30-60 minutes of waking. 10 minutes for bright cloudless days, 20 minutes on cloudy days, 30 minutes on very overcast days.
Repeat in the late afternoon, prior to sunset.
If you wake up before the sun is out and you want to be awake, turn on artificial lights and then go outside once the sun rises. If you live someplace with very minimal light, consider an artificial daytime simulator source.
Don't wear sunglasses for this practice if you safely can, but contact lenses and eyeglasses are fine. And no, don't look directly at the sun - ever!
- 2 Wake up at the same time each day** and go to sleep when you first start to feel sleepy. Pushing through the sleepy late evening feeling and going to sleep too late (for you) is one reason people wake at 3 am and can't fall back asleep.
- 3 If you have sleep disturbances**, insomnia, or anxiety about sleep, try the research-supported protocols on the Reveri app (for iPhone). Do the Reveri sleep self-hypnosis 3x a week at any time of day. It's only 10-15 min long and will help you rewire your nervous system to be able to relax faster.

- 4 Avoid viewing bright lights**—especially bright overhead lights between 10 pm and 4 am. Here is a simple rule: only use as much artificial lighting as is necessary for you to remain and move about safely at night.
Blue light blockers can help a bit at night but still dim the lights. Viewing bright lights of all colours is a problem for your circadian system. Candlelight and moonlight are fine.
Shift workers and jetlagged travellers should see the [Huberman Lab Podcast on offsetting shift work](#) negative effects on Spotify or on Youtube.
- 5 Avoid caffeine** within 8-10 hours of bedtime. Dr. Matt Walker (sleep expert from UC Berkeley) might even say 12-14 hours. [Listen to his TED talk here.](#)
- 6 Limit daytime naps** to ideally 30 minutes but less than 90 minutes, or don't nap at all.
- 7 If you wake up in the middle of the night** (which, by the way, is normal to do once or so each night) but you can't fall back asleep, consider doing a Non-Sleep Deep Rest (NSDR) protocol when you wake up. Search "NSDR" on YouTube for different voices, durations to choose from. Or try a "Yoga Nidra" protocol (search "yoga nidra" on YouTube – there are hundreds to choose from.)
- 8 Expect to feel really alert** ~1 hour before your natural bedtime. This is a naturally occurring spike in wakefulness that sleep researchers have observed. Don't freak out if it happens. It will pass!
- 9 Keep the room you sleep in cool and dark** and layer on blankets that you can remove. Your body needs to drop in temperature by 1-3 degrees to fall and stay asleep effectively. Body temperature increases are one reason you wake up. So, keep your room cool and remove blankets as needed.
- 10 Drinking alcohol** messes up your sleep. As do most sleep medications.

Our sleep needs change over time, so you'll need to adjust accordingly. An occasional night out or missing sunlight viewing shouldn't be a big deal, however if you drift from healthy sleep habits for too long, you may find yourself suffering. Whatever your life and goals and schedule, master your sleep. You'll be so happy you did!

Source: <https://hubermanlab.com/toolkit-for-sleep/>