

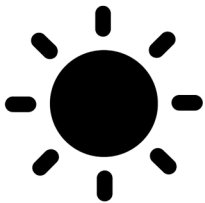
5 Ways to Get Better Sleep

Move!



It may seem like a no-brainer, but the more you move the more tired you will become! Try to aim for 30-40 minutes of walking or exercise per day - you will be tired! Additionally, if you start moving as soon as you wake up, your body will start to anticipate its waking time in as little as 3-4 days. Instead of eating a big sandwich during your lunch hour at work, go for a walk. You'll feel energized instead of lethargic for the afternoon.

Get Direct Sunlight



Direct sunlight exposure is vitally important to our body in a number of ways. Receiving direct sunlight right after you wake up for 5-10 minutes helps your body maintain its 24-hour clock. Getting sunlight within an hour of sunset helps with melatonin release (melatonin is your sleep hormone that helps promote sleepiness). It is best to avoid wearing sunglasses as this dramatically reduces the signaling to your brain. Getting sunlight through a car or home window does not have the same effect. Go get outside!

Blue Light Blocking Glasses



Blue light blockers are a type of lens for glasses that block blue wavelengths of light. Blue light is the most dominant light that comes from the sun during the day. Blue light is great during the day because it signals wakefulness to our brain. However, receiving artificial blue light in the evening is counterproductive to our ability to fall asleep. Wearing blue light blocking glasses in the evening will help reduce the amount of blue light your eyes receive from phone/computer/TV screens helping you maintain your internal clock and get sleepy easier.

Lip Tape



It may sound crazy if you've never heard about it, but type in "Lip Tape" into Amazon and you'll get dozens of types of lip tape. Lip taping promotes nasal breathing at night so that your mouth isn't hanging open and snoring. When air moves through the nasal cavity, it promotes the generation of nitric oxide which helps to dilate your blood vessels and better oxygenate your body while you sleep. This results in you feeling better rested in the morning.

Practice Rest Oral Posture



Proper rest oral posture means always having your tongue pressed and suctioned against the roof of your mouth. Maintaining good rest oral posture strengthens the tongue, which is a giant muscle, and its supporting structures around the throat to prevent collapsibility of your airway while you sleep.