

# 14 PROVEN (AND SIMPLE) WAYS TO GET BETTER SLEEP



**We all understand that sleep is a necessity.** And we all know how bad it sucks when we're not sleeping well. But then we get wrapped up in the busy-ness of our days and start to accept crappy sleep as part of life.

But quality recovery makes the difference between just getting through the day or ripping through the day, getting things done, and being in a great mood. Sleep is also the foundation of resiliency and I encourage you to be *diabolical* about prioritizing good sleep.

**NOT  
JUST 1  
SLEEP  
TOOL  
KIT,  
BUT 2!**

I want to help you feel more rested and resilient. I'm going to share a two-pronged, science-based approach to improving the quantity and quality of your sleep...as well as your energy, mood and mental state.

With TOOL KIT #1 you'll **change the chemistry of your body and brain** to a state that is more conducive to sleep.

With TOOL KIT #2 you'll change your **cognitive state** to prime your brain for sleep.

# SLEEP TOOL KIT #1

## CHANGE YOUR CHEMISTRY



### 1. LIGHTS OFF

When the sun goes down, your body starts producing melatonin - a hormone that makes you sleepy. Exposure to artificial light in the evening delays the release of melatonin.

Blue LED light (that comes from laptops, smartphones, tablets, and flat-screen TVs) is especially disruptive.

*In the evening, dim your lights, stop using devices that produce blue LED light, or get a LED light blocker for your device.*

### 2. CAFFEINE, NICOTINE & ALCOHOL

It takes 5-7 hours for 50% of the caffeine you ingest to leave your system. *Stop ingesting caffeine between noon and 2:00 pm - or earlier if you're really sensitive.*

Nicotine is never healthy, but if you use it, *stop at least 2 hours before bed.*

Alcohol may help you fall asleep faster, but you'll wake up more often. It also suppresses REM sleep, which plays a critical role in learning and memory. *If you drink alcohol, have no more than 1 if you're a woman or 2 if you're a man.*

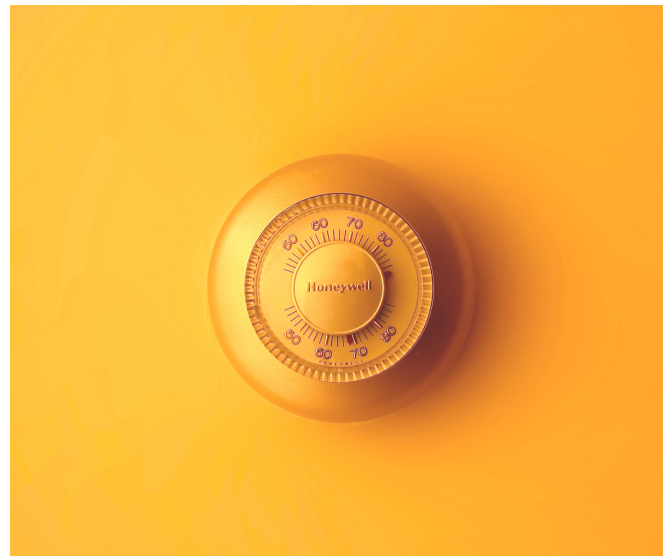




### 3. COOL IT

A natural drop in body temperature is one of the things that prepares your body and brain for sleep. *Taking a hot shower or bath creates a rise, then a restful drop, putting your body into a sleepier state.*

The *room you're sleeping in should also be cooler* than the rest of the house - 65 degrees is ideal for most people.



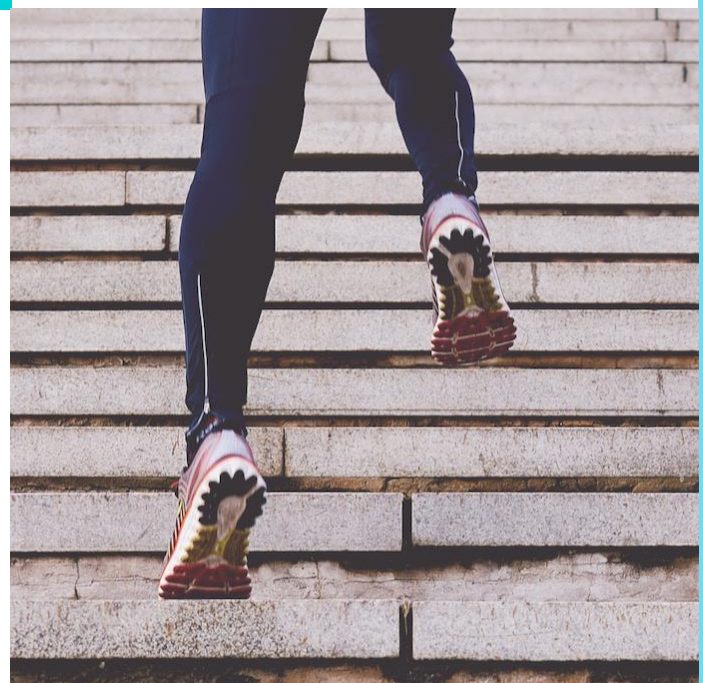
### 4. YOU SNOOZE, YOU LOSE

*Do NOT hit the snooze button.* You may think a few extra minutes of sleep will help, but they actually do the opposite. You go through 4 stages of sleep, (with 4-5 cycles in each stage) going progressively deeper with each cycle. *The deepest cycles happen the last 2 hours of an 8-hour night's sleep and are the highest quality.* This is when you get the best recovery, both mentally & physically. Being robbed of this deep, restorative sleep to have a few minutes of light sleep is a horrible tradeoff.

### 5. WORK IT OUT

Cortisol is a stress hormone that interferes with your sleep. *The #1 way to get rid of cortisol is with a short burst of physical activity.* People who exercise regularly fall asleep more quickly, sleep better, and wake feeling more rested. Exercise also makes you more resilient to stress, so the body is producing less cortisol to mess with your sleep.

*Five to 10 minutes of short burst exercise a couple of times throughout the day* will improve the quality of your sleep....and help you manage your stress.



# SLEEP TOOL KIT #2

## CHANGE YOUR COGNITIVE STATE

### BEFORE BED...

In the evenings you're flying around, getting things done, and before you know it, it's *really* late. You panic, jump into bed, close your eyes and expect sleep to come....having gone from 100 miles an hour to 0 and asking your brain to do the same. Good sleep takes mental preparation! And it doesn't have to take a lot of time.



#### 1. SET AN ALARM FOR BED

It's easy to lose track of time in the evening between catching up on things professional, personal, family, and financial. *Set an alarm in the evening* that is your signal to start your bedtime routine.

#### 2. HAVE A BED TIME ROUTINE

Kids have a bedtime routine so they can make a mental transition, and you need one, too! *Start dimming lights, disconnecting from electronics, do your hygiene routine, and engage in something relaxing.*

#### 3. DO A BRAIN DUMP

Spend a few minutes before bed *writing down any and everything that's on your mind...*from the big to the small. Get it ALL out!

Preemptively getting it out of your head before bed cuts down on the odds you'll start ruminating on it if you wake up.



#### 4. MEDITATE

Even just *a few minutes of meditation* can help quiet your mind and help you disconnect from your busy, stressful day. Use an app or podcast, get a book of meditations, or just focus on your breath.



## IF YOU WAKE UP...

Maybe your problem isn't getting to sleep - it's staying asleep. If you happen to wake up, your brain immediately kicks into high gear, bouncing around from thought to thought, worry to worry, or one to-do to another. When you find your brain going all over the place, reign it in by giving it a simple task to do like...

### 1. THE ALPHABET GAME

Decide on a category...perhaps things that would taste good on ice cream, brands of cars, state capitals, etc... then *come up with an answer for every letter of the alphabet starting with A*. You'll be surprised to realize it's hard to get past F or G.

### 2. VISUALIZE

*Do a full-body visualization* of something that helps your brain and muscles relax. Imagine lying on your favorite beach, the waves are lapping on your legs, and each time a wave recedes, you feel yourself relaxing and your stress leaving your body. Or visualize your body being made of wax, then slowly being heated, and melting.

### 3. BE THANKFUL

Gratitude is one of the most powerful tools for quickly changing your mental and emotional state from stressed to happy. *List as many things you are grateful or happy for. List all the things that are going well in your life.*

### 4. READ OR LISTEN

Have a book by the bed and *read*. *Listen* to a somewhat boring podcast. Listen to an audio book or story podcast (I love *Selected Shorts*).

### 5. WRITE IT OUT

Have a pen & paper by the bed to get your running thoughts, ideas, worries or things you need to remember *out of your head and on paper*...where they'll be waiting for you in the morning.





Hi! I'm Jenny Evans. Morning coffee excites me, I love the endorphin rush of a good workout, and my sense of humor runs towards that of a 12-year old boy. My aversion to boredom or not being able to live life on my own terms have given me the confidence and motivation to have run my own business since I was a junior in college (which was quiiiiite a while ago now).

But here's what you *really* need to know about me: I am highly driven by purpose, and nothing gives me more joy and fulfillment than helping people live and work in a way that feels inspiring, true, and GOOD.

- I'm a speaker, author and executive coach who helps people go from feeling overworked, overwhelmed and overstressed to on fire, on purpose, and on their game.
- I help leaders, managers and employees improve their resiliency, performance and health.
- I help individuals create more clarity, direction and accountability in order to live with confidence, courage and happiness.
- I deliver keynotes, half and full day programs, webinars, workshops, one-on-one coaching, and license my content. If you or your organization is interested, drop me a line at [jevans@jennyevans.com](mailto:jevans@jennyevans.com).