



SLEEP TIPS FOR SOF

1. **Darkness:** As dark as possible

HOME:

Blackout curtains: invest in high quality black out curtains
Recommendation: Eclipse Fresno blackout curtains on Amazon

TRAVEL:

Sleep Mask: thick, dark, cooling
Recommendation: Manta Sleep Mask on Amazon

2. **Silence or Sound:** Complete silence is ideal but not always realistic

HOME:

“Sleep Sound”:
Recommendation: Sound Machine: Dream Egg on Amazon
Recommendation: Monroe Institute: Binaural Beats online (google it)

TRAVEL:

Sleep Buds
Recommendation: Bose Sleep Buds- these are a bit pricey, but they’re low profile and can fit in your pocket/kit and controlled to preference ie. to block background noise but respond when needed

3. **Temperature:** 67 degrees!

HOME:

Hot sleeper (most of us)? → Cooling sheets
Recommendation: Cosy House Collection Luxery Bamboo sheets Amazon
Cold sleeper? High quality cotton
Recommendation: Egyptian Cotton many options on Amazon (better than flannel or fleece which tend to trap heat and overheat)

TRAVEL

- i. Cooling mattress topper
Recommendation: According to your preference of firm vs. soft mattress toppers- just make sure you read the reviews on cooling element

Other tips & reminders:

- ! If you are getting 6 hours or less of sleep per night, you are at a 200% increased chance of experiencing a fatal heart attack or stroke in your lifetime.
- ! It is not rest when you are looking at your phone/computer/TV- any time your eyes hit artificial light, your brain activity increases
- ! Charge your devices out of reach, so you don’t automatically expose your eyes to light and increase brain activity
- ! Do the same things every night before falling asleep
- ! If you wake up and cannot get back to sleep within 5 minutes, get up, exit your room, take a few laps around your house, take a deep breath and re-enter the room