Altfitz Sleep

Looking for ways to improve the quality of your sleep? Here are some tips get you started:

- Keep your room cool (under 70 degrees F)
- Block out any light (close shades, unplug electronics)
- Limit caffeine during the day (try to stop consuming caffeine after 5 p.m. to start)
- Limit blue light 2 hours before bed (things like our phones, computers and televisions emit blue light)
- If your mind is “busy” take some time to journal (I call this kind of journalling “word vomiting”, you’re just trying to get your thoughts out onto the page - no grammar, spelling or punctuation needed)
- Turn on some white noise like a fan
- Put phone on airplane mode or do not disturb - better yet, charge it in another room

Want to dive a litter deeper? Schedule your free 20 minute consultation today!