

# EAGLE SLEEP GUIDE

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**1 SLEEP ROUTINE:** Maintain the same time to bed and same time to get up. Not necessarily more sleep but consistency in your sleep schedule.

**2 LIGHT:** No screens x 1 hour before bed. Switch to low light, red light, use candles, salt lamps or use blue blocking glasses when the sun goes down. Try using a sleep mask if your room isn't dark, (the smallest amount of light can disrupt sleep). Within 30 min of waking, view the rising sun without sunglasses for about 10 minutes to set circadian rhythm/internal clock. Viewing the setting sun also helps to set your internal clock. Can use full spectrum light if you can't get to the sun and just dose in the same manner, within 30 min of waking for approximately 10 minutes

**3 EATING/DRINKING/NICOTINE:** No eating, alcohol, or nicotine at least 3 hours before bed and limit water just before bed.

**4 SUPPLEMENTS:** Magnesium Threonate 145mg, Apigenin 50mg, Theanine 100-400mg (do not take if you sleepwalk or have night terrors), and 3-4 night/week Glycine 2g, GABA 100mg. You should not wake groggy with these supplements, and they are non-addictive. ([Supplement protocol by Dr Andrew Huberman](#))

**5 TEMPERATURE:** Keep room cold, approximately 65°F. May invest in bed cooling mattress pad – brands include: Eight Sleep, Chilipad.

**6 ACTIVITY:** Avoid vigorous activities or workouts before bed. Relax before bed, consider NSDR meditation – Nonsleep deep rest ~10 min meditation is great for before bed or even in the night if you wake. Here's one → [NSDR with Dr. Andrew Huberman](#)

**7 BED:** Soft for side sleepers or short stature people and hard for back sleepers or tall individuals Two different types in one bed, can consider Sleep Number bed which adjusts firmness on each side of bed.

**8 NAPS:** Keep them to 30 minutes, maximum 90 min and not in the evening.

**9 POSITION:** The best sleep position is one that promotes healthy spinal alignment from your hips all the way to your head. Back sleeping being the best followed by side sleeping and lastly stomach sleeping. For modifications check out this [article](#).

**10 EXTRAS:** White noise, weighted blanket, [mouth tape](#) (it's really a thing, it took me a while to try it but I have seen more restorative sleep.

\*\*I don't recommend doing the whole list all at once. Pick 1 or 2 and see how you sleep and feel!

