

# THE DO'S AND DON'T'S OF SLEEP

*How to capture those elusive 8 hours*

## WATER

DO: Consume adequate water for hydration

DON'T: Drink excessive amounts of liquids before bedtime



## LIGHT

DO: Get plenty of natural sunlight

DON'T: Expose yourself to artificial light 2 hours before bedtime



## EXERCISE

DO: Obtain plenty of exercise by moving your body

DON'T: Workout too close to your bedtime



## BEDTIME

DO: Create yourself a bedtime routine

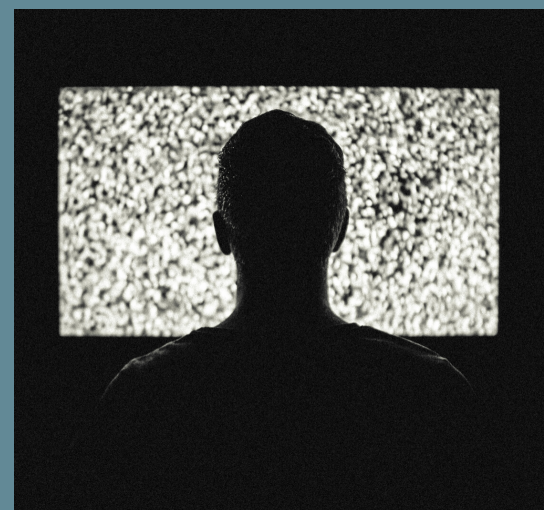
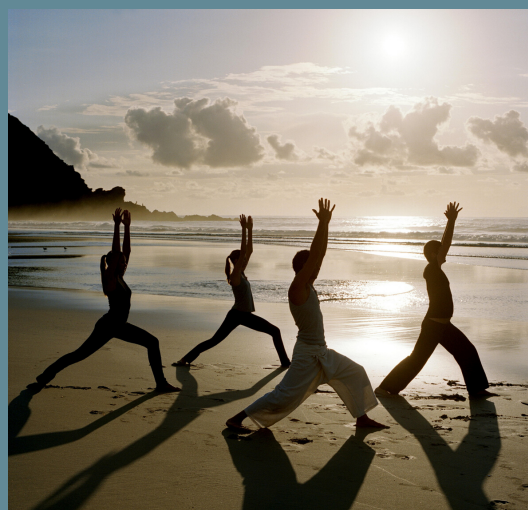
DON'T: Haphazardly wing it unstructured



## CAFFEINE

DO: Enjoy your vices such as coffee or tea

DON'T: Drink caffeinated beverages after the sun has set



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# 1

## WATER INTAKE

The basic equation for determining this is by dividing your body weight in half. So, if you weigh 200 pounds, you would need 100 ounces of water per day if you're not doing anything strenuous.

Source: Health. USNews

# 3

## EXERCISE RECOMMENDATIONS

Although daily exercise is key for a good night's sleep, performing it too late in the day may cause sleep problems. This is due to the stimulatory effect of exercise, which increases alertness and hormones like epinephrine and adrenaline.

Source: European Sleep Research Society

# 5

## CONSUMING CAFFEINE

Caffeine can stay elevated in your blood for 6–8 hours. Therefore, drinking large amounts of coffee after 3–4 p.m. is not recommended — especially if you are sensitive to caffeine or have trouble sleeping

Source: Department of Nutritional Sciences  
Howard University

# 2

## LIGHT EXPOSURE

Exposure to light during the day is beneficial, but nighttime light exposure has the opposite effect.

Source: Ohio State University

# 4

## BEDTIME ROUTINE

Relaxation techniques before bed have been shown to improve sleep quality and are another common technique used to treat insomnia.

Source: PubMed Central