

SLEEP HACKS

Black Power Naps

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- If possible, make sure the room temperature is below 15C.
- In any case, always have air circulation through the nite.
- Power down. When possible, close computers and devices that emit blue light, as this disrupts our circadian cycles. Try to read a book, play an instrument, or listen to an audiobook or a meditation. The goal is to progressively stop using your sense of vision.
- Help your awareness to progressively move out of daytime alertness by creating V G sensory rituals. A simple ritual is for example dropping a couple of lavender essential oils into your pillow before bed, or moisturizing your skin with some oil containing a couple of drops of lavender essential oil. Slowly, your body will learn to associate this scent with resting time.
- Some movement or exercise before winding down helps to release tension accumulated during days of mostly seating.
- Lower your lights 2 to 3 hours before bed.
- Finishing meals and snacks at least 3 to 4 hours before going to bed.
- Write your worries if you can't stop spiralin.
- If you cannot sleep, get up and do something you find relaxing.
- Try putting a pillow between or under your legs. Postural discomfort or pain can keep us up.
- Make sure your head and neck are in neutral position -when the natural curve of your neck when you're resting on your back is supported.
- Seal your mattress. Sneezes, sniffles, and itchiness from allergies can lead to lousy shut-eye. Your mattress may hold the cause. Over time, it can fill with mold, dust mite droppings, and other allergy triggers. Seal your mattress, box springs, and pillows to avoid them.