

10 Habits for Superior Sleep

Sleep often doesn't come easy for ADHD brains, yet it's essential to keeping up with our always active brains during the day. You CAN get better sleep by incorporating these habits throughout your day.

1 **Create a sleep routine** - doing the same things each night before bed signals to your brain it's time to power down and get ready to sleep.

2 **Consistent wake & bedtimes** (within a 30 min window) help set your circadian clock which helps you fall asleep faster & wake up easier.

3 **Get morning sun** - viewing the morning sun resets your cells to the new day. SAD (Seasonal Affectiveness Disorder) lamps work great too.

4 **Limit naps** to 20-30 mins and/or try **NSDR** when you are feeling sluggish (YouTube has tons of options).

5 **Avoid caffeine** 8-10 hours before sleeping. Caffeine stays in the body long after you're done drinking it.

6 **Limit screens** 30-60 mins before bedtime. The blue light tells your brain it's daytime and stops producing melatonin.

7 **Clear your mind** - write down to-dos or lingering thoughts so your brain doesn't have to stay awake & remember them.

8 **Entertain your brain** - try sleep meditations or soothing, but not interesting, podcasts. They will help calm down your active brain.

9 **Darken the room** - wear an eye mask or make the room as dark as possible.

10 **Lower the temperature** - we sleep better in cooler environments

Sleep makes EVERYTHING easier, especially managing your ADHD brain. Coaching can help too! Sign up for a free Discovery Call today at happyplaceorganizing.com

