

Client Goal Guide

How to Support Better Sleep

A step by step guide



1

Establish a Consistent Sleep Schedule

Go to bed and wake up at the same time every day, even on the weekends, to regulate your body's internal clock and improve sleep quality.



2

Create a Relaxing Bedtime Routine

Wind down before bed with calming activities like reading, deep breathing, or light stretching. Avoid stimulating activities such as intense exercise or using screens at least an hour before bed.



3

Limit Caffeine and Alcohol

Avoid caffeine in the afternoon, as it can interfere with falling asleep. Similarly, while alcohol may make you feel drowsy, it can disrupt deep sleep later in the night.



4

Optimize Your Sleep Environment

Ensure your bedroom is cool, quiet, and dark. Consider using blackout curtains, white noise machines, or sleep masks to create an ideal sleep environment.



5

Limit Naps

While short naps can be refreshing, long or irregular naps during the day can interfere with nighttime sleep. If you need to nap, aim for no more than 20-30 minutes.



6

Watch What You Eat and Drink

Avoid large meals, heavy foods, and excessive liquids right before bed. Eating a light, healthy snack like yogurt or a banana can help you're hungry at night.