

The Best Sleep Protocol Checklist

Food and drinks

- Anti-inflammatory diet, reduce overall inflammation
- Balanced blood sugar levels
- Less liquids before bed
- Resolving pre- and diabetes
- Eating light and early
- Alcohol reduction or elimination
- Caffeine reduction or elimination

Herbs and supplements

- Herbs: calming and sedative
- Supplements: magnesium, GABA, CBD, melatonin

Heat and humidity

- Infrared sauna
- Red light therapy
- Right humidity
- Breathable mattress and bedding
- Hot bath before bed
- Cooler room temp or bed-cooling system

Your mouth

- Mouth taping
- Correcting mouth structure

Elimination of blue light

- Total darkness in the room
- Blue lights reduction or elimination 2 hours before sleep

Hormonal and neurotransmitter balance

- Low progesterone in women
- Optimal estrogen levels
- Lower histamine levels, if sensitive

Calming your thoughts and body

- Re-think what you read or watch before bed
- Breathing exercises
- Gentle yoga
- Meditation

Elimination of disturbances

- Dogs, snoring partner
- EMF reduction or elimination

Other

- Mold
- Weighted blanket

