The Senses and Sleep

**TOUCH**
- A cool room (65° to 70°) makes for the best sleep.
- Choose a breathable fabric (cotton) for pajamas and sheets.
- Replace pillows yearly for optimal support and cushioning.

**SMELL**
- Soothing scents (like lavender) in the form of oils or candles* can help relax the body before bedtime.
- Keep the room clean to eliminate unpleasant smells.
- Wash sheets and pillowcases once a week with a laundry detergent with a pleasing scent.
*Remember to extinguish all candles PRIOR to going to bed or leaving the room where the candle burns.

**TASTE**
- Avoid eating 2 hours before bedtime.
- Refrain from eating spicy, fatty, or fried foods before bed.
- Stay away from caffeine after 2 pm.
- Avoid drinking alcohol 2 hours before bed (it can disrupt sleep late at night).

**SIGHT**
- Stop electronics use 30 minutes before bed, as light sends “wake up” messages to the brain.
- Stay away from stimulating/mentally intense activities or shows before bed.
- Use an eye mask to block possible light sources from disrupting your sleep.

**HEARING**
- Turn off music and TV before sleeping.
- Listen to white noise (you can use a machine, fan, or air purifier, or online playlist).
- Close your windows/doors to block unexpected noise in the evening.
Create a custom sleep routine to help signal the body into a resting stage and later, a sleep stage. Here are some ideas:

1 hour before bed:
- Take a warm bath or shower before bed
- Stretch for 10-20 min
- Pick up your room, put away items

30 minutes before bed:
- Read a relaxing book
- Diffuse aromatherapy oil
- Plan for the next day
- Limit or remove screen time

10 minutes before bed
- Drink a cup of tea
- Listen to soft music
- Journal or reflect on the day

5 minutes before bed
- Change into comfortable clothing
- Skincare & hygiene routine
- Deep breathing or meditation

HLP Sleep Resources
- Aromatherapy
- Meditation
- Acupuncture
- Consultations
  - Sleep Hygiene
  - Stress Management

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