



Maryland Integrative Health

How to Sleep

7 Strategies for Serene Sleep

1. RITUALIZE THE RHYTHMS OF ACTIVITY AND REST

- Create an energizing ritual with morning light exposure and exercise.
- Learn to rest during the day with meditation and breathing practices.
- Maintain a regular sleep-wake schedule, even on weekends.
- Develop a soothing evening ritual as a bridge to sleep.

2. USE DUSK AND DARKNESS AS SLEEP MEDICINE

- Simulate dusk: dim your lights for a couple of hours before bed.
- Always use blue light reduction technology to watch TV or use computers.
- Slow down with warm bath, journaling, rest practices, yoga, and intimacy.
- Consider melatonin replacement therapy as needed and sleep in total darkness.

3. QUIET YOUR BODY NOISE

- Avoid “counterfeit energies”—caffeine, sugary foods, and adrenalin.
- Carefully check for possible sleep side effects of all medications used.
- Check your alcohol intake—drinking less, earlier, and with food is best.

4. CREATE A SLEEP SANCTUARY

- Keep your bedroom cool (68 degrees or less), dark and quiet during sleep. may be helpful.
- Gradually move toward a more “green”—organic and natural—bedroom.

- Get electric clocks and other such devices away from your head and bed.
- Do all you can to feel psychologically safe in your bedroom.

5. LEARN TO SURRENDER TO SLEEP

- Avoid the chemical knockout of sleeping pills and alcohol.
- You cannot literally “go to sleep”—practice “letting go of waking.”
- Approach getting to sleep as a personal spiritual practice—an act of faith.
- Consider using natural sleep aids such as lavender and valerian, if needed.

6. DON'T BATTLE NIGHTTIME WAKEFULNESS

- Go to bed only when you feel sleepy.
- Never watch the clock from bed—it pulls us back into the waking world.
- If you can't sleep, get up, sit in a comfortable spot until you're sleepy again.
- Use nighttime wakefulness as an opportunity to meditate or pray.
- If your mind is racing, keep a pad of paper next to your bed, write it all down, it will be there when you awake in the am

7. ARISE MINDFULLY WITH INTENTION IN THE MORNING

- Obtain at least 20 minutes of daily exposure to morning light shortly after arising.
- Awaken slowly and explore your grogginess in the morning.
- Let the memories of your dreams come and note them.
- Set conscious intentions to guide your waking day.