How to optimize your sleep

- Sleep in complete darkness - use blackout shades or drapes, get rid of night-lights, LCD screens
- Reserve your bed for sleeping - avoid watching TV or doing work in bed
- Eliminate EMF exposure in your bedroom
- Keep temperature in your bedroom between 60-68 °F
- Maintain a consistent bedtime - going to bed and waking up at the same times each day creates sleep rhythms
- Avoid eating at least 3 hours before bedtime - especially grains and sugars which raise blood sugar and delay sleep
- Normalize your vitamin D levels (40-60 ng/ml) - vitamin D is needed to produce acetylcholine, a neurotransmitter needed for deeper phases of sleep