# How to Improve Your Sleep Quality in Three Days

If you're not sleeping well, now is the time to regain control. If you're finding it hard to fall asleep, examine your sleep hygiene routine and what you do in the two hours before bed. Follow these tips to help you get a peaceful night.

## Manage Your Bedtime

Schedule your bedtime and waking times for the same times every day. Be consistent with your sleep cycle; your metabolism improves, you experience enhanced cognition, and you have more energy during the day.

## Take a Hot Bath

A hot bath or shower before bed raises your body's core temperature. Step out of the shower, towel off, and let your body temperature come down naturally before getting into bed. The body experiences a massive thermal dump as it releases the heat, making you feel tired and ready for bed.

## Supplement for Sleep

Supplement with magnesium, GABA, zinc, and 5-HTP before sleep. This stack gives your brain all the nutrients it needs to clear the neural pathways as you sleep and optimize neurotransmitter production and function. You'll wake up feeling like you had deeper, more restorative sleep.

## Avoid Medications & CBD

While medications like melatonin and sleep drugs help you get to sleep, they're habit-forming substances that can result in dependence. Research into patients using these drugs to sleep shows they might improve their sleep time, but it doesn't enhance sleep quality. CBD is becoming popular as a sleep aid, but it's similar to the drugs in its effects on the brain. You get less REM and deep sleep, lowering your sleep quality.

## Meditate

Some people find it hard to quiet their minds before bed. They lay awake for hours thinking about seemingly insignificant things in their life. Try a guided meditation before bed to relax your mind and help you drift off to sleep. There are thousands of guided sleep meditations on YouTube. Play one on your phone and drift off to sleep easy.

## Sleep Cool & Comfortable

Research shows that the best temperature for your bedroom is 62F. The body likes a cool sleeping environment, and you'll toss and turn less in your sleep. Your brain gets more deep sleep and REM sleep in a cooler room, giving you more therapeutic value from your time between the sheets.

## Avoid Screens

Don't view a screen for two hours before bed. Read a book or relax, stretch, and meditate. If you have to watch the end of a movie, use blue-light-glasses to protect your brain before bed.