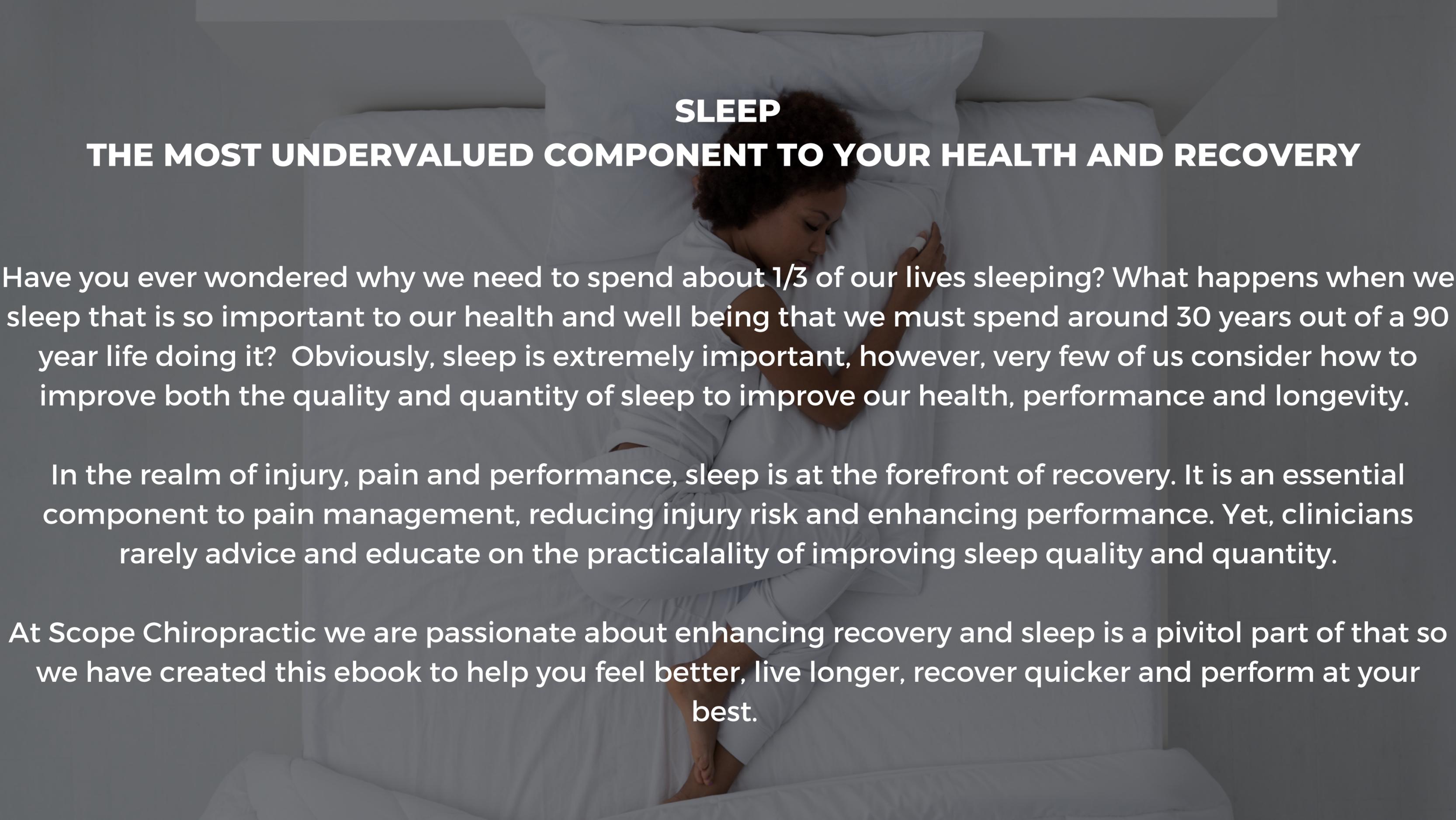




SCOPE CHIROPRACTIC
SPORTS INJURY & REHAB CLINIC

SCOPE CHIROPRACTIC

5 STEPS TO BETTER SLEEP

A woman with dark curly hair, wearing white pajamas, is lying in bed with white linens. She is holding an open book and looking down at it. The background is a plain, light-colored wall.

SLEEP

THE MOST UNDERVALUED COMPONENT TO YOUR HEALTH AND RECOVERY

Have you ever wondered why we need to spend about 1/3 of our lives sleeping? What happens when we sleep that is so important to our health and well being that we must spend around 30 years out of a 90 year life doing it? Obviously, sleep is extremely important, however, very few of us consider how to improve both the quality and quantity of sleep to improve our health, performance and longevity.

In the realm of injury, pain and performance, sleep is at the forefront of recovery. It is an essential component to pain management, reducing injury risk and enhancing performance. Yet, clinicians rarely advise and educate on the practicality of improving sleep quality and quantity.

At Scope Chiropractic we are passionate about enhancing recovery and sleep is a pivotal part of that so we have created this ebook to help you feel better, live longer, recover quicker and perform at your best.

TAKE THE TEST

To start off take the Pittsburgh Sleep Quality Index test. A simple questionnaire that evaluates your sleep quality. The higher the score, the poorer the quality of your sleep

[Click Here to Take the Sleep Quality Test](#)



SCOPE CHIROPRACTIC
SPORTS INJURY & REHAB CLINIC

1

**Create an optimal
sleep
environment**

3

**Limit caffeine and
alcohol
consumption**

5

**Increase your
exercise**

2

**Create a sleep
routine**

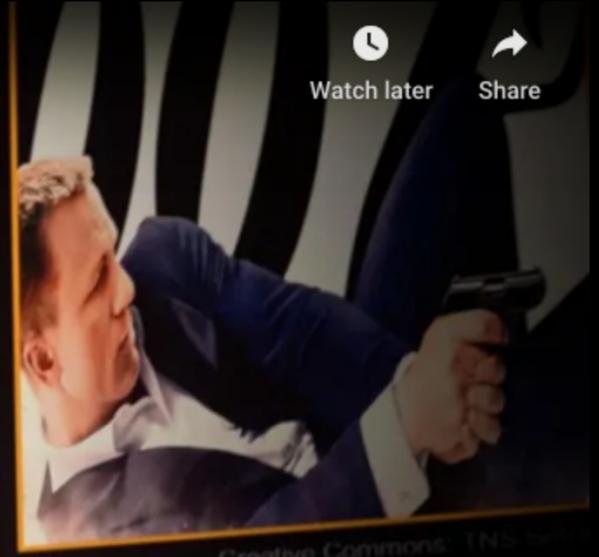
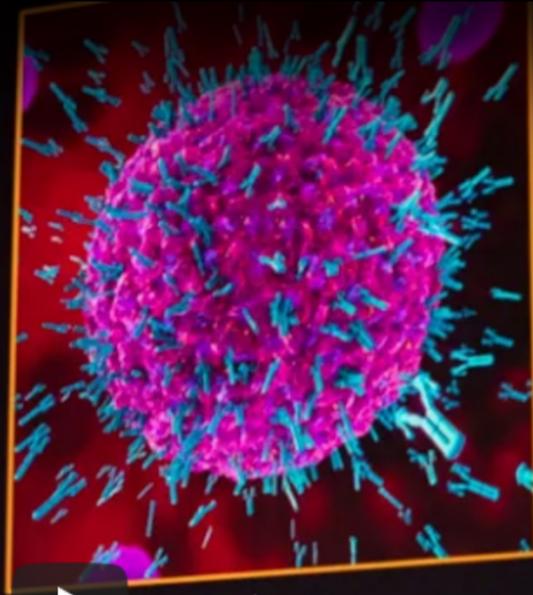
4

**Increase daily
sunlight exposure**





Sleep is your superpower | Matt Walker



Watch later

Share

Courtesy of Shutterstock

Creative Commons: TNB

TED

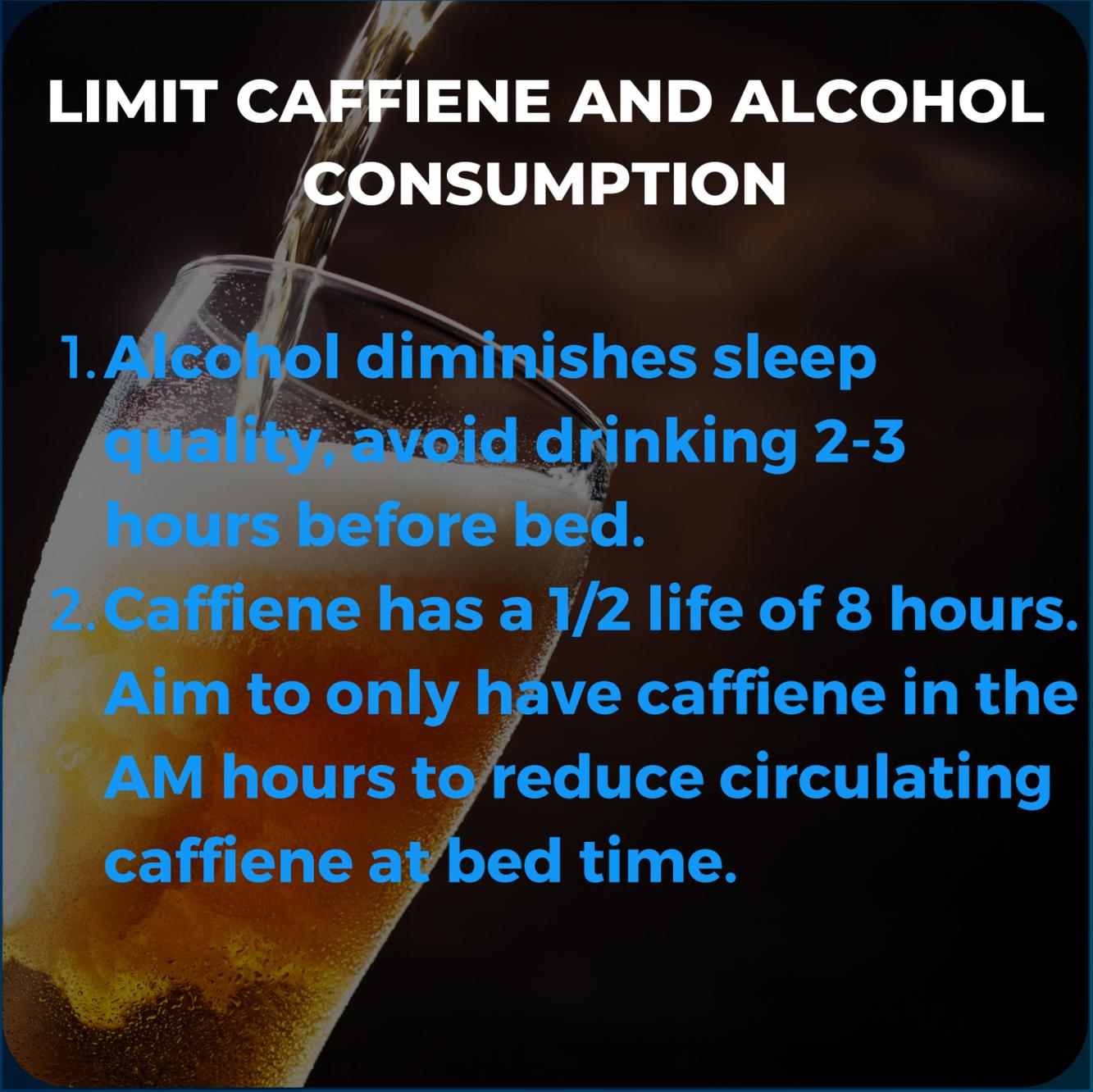


CREATE AN OPTIMAL SLEEP ENVIRONMENT

1. Make your bedroom as dark and quiet as possible
2. A cooler room temperature is ideal
3. Avoid pets and other distractions in the bed room
4. Make sure your bed and pillow are comfortable

CREATE A SLEEP ROUTINE

1. Set a consisted sleep and wake time.
2. No screen time 1 hour before bed
3. Switch off non-essential lights
4. Do something relaxing such as read, have a herbal tea or light stretching.
5. Have a hot shower 30mins before bed

A close-up photograph of a glass of beer being poured. The beer is golden and has a thick head of white foam. The background is dark, making the beer stand out.

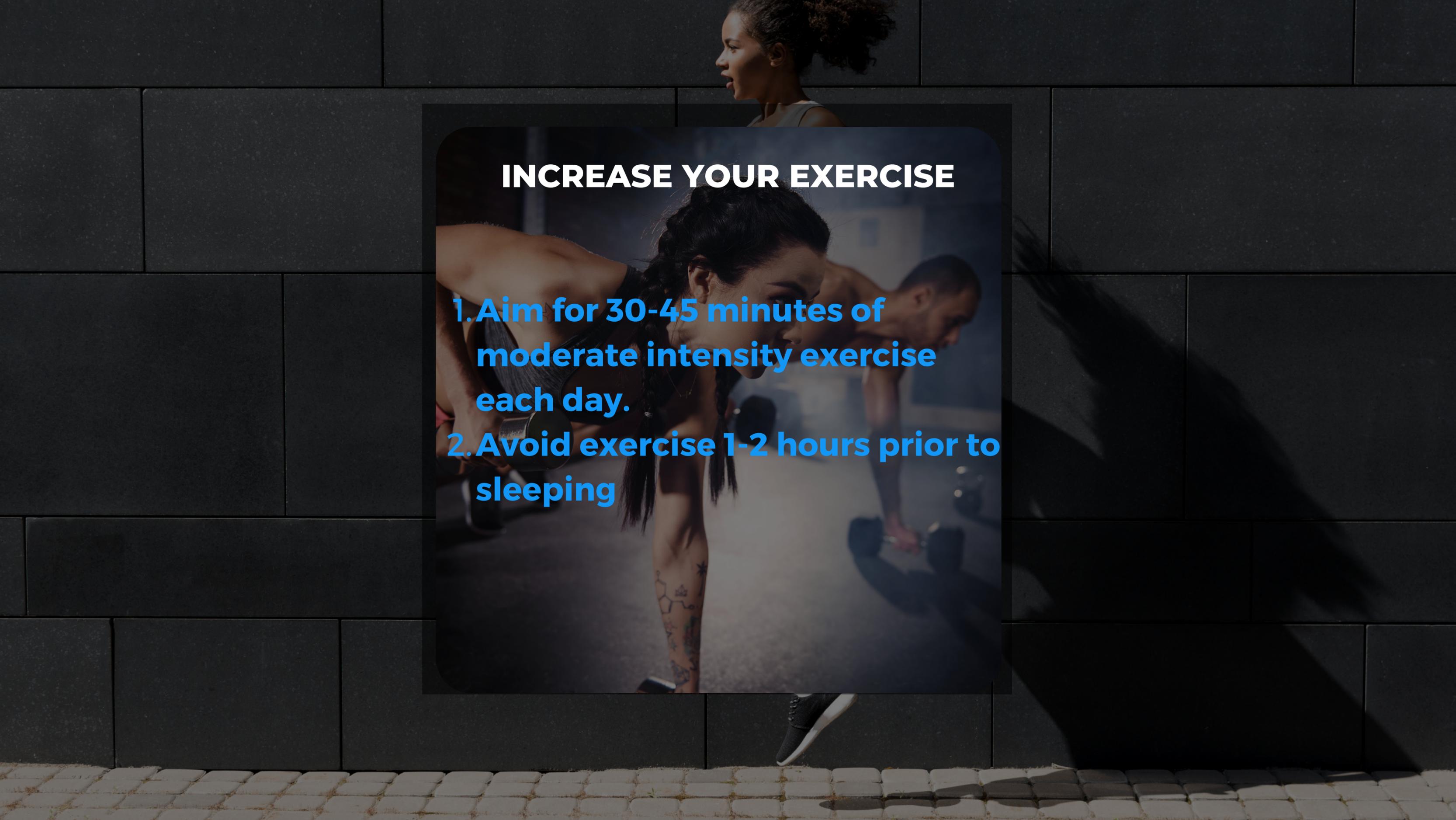
LIMIT CAFFIENE AND ALCOHOL CONSUMPTION

- 1. Alcohol diminishes sleep quality, avoid drinking 2-3 hours before bed.**
- 2. Caffeine has a 1/2 life of 8 hours. Aim to only have caffeine in the AM hours to reduce circulating caffeine at bed time.**

A photograph of a hand reaching up towards a bright light source, likely the sun. The background is a bright, hazy sky with rays of light. The hand is in the foreground, and the light creates a bokeh effect in the background.

INCREASE DAILY SUNLIGHT EXPOSURE

- 1. Aim for 30-45 minutes of daily sunlight, without sunglasses. Sunlight helps to regulate our bodies daily rhythm**



INCREASE YOUR EXERCISE

- 1. Aim for 30-45 minutes of moderate intensity exercise each day.**
- 2. Avoid exercise 1-2 hours prior to sleeping**