

LIQUID MIND® SLEEP TIPS

- Try going to bed and waking up at the same time(s) each day. Many studies show a higher quality of sleep for those who maintain regular sleep/wake times.
- Lower the lights in your sleeping and living areas at least thirty minutes before bedtime to help set the stage for a good night's sleep.
- Try to sleep in complete darkness and keep your bathroom night-light to a safe, minimum brightness. Any light during the night tells your brain it's time to wake up, leading to confused body rhythms. Red night-lights are best, as a blue or white light stimulates brain activity. Black-out window shades are widely available.
- Research studies have shown that listening to relaxing music 45 minutes before bed improves quality of sleep in older adults.
- Most sleep authorities suggest avoiding late night eating, and limiting caffeine to early in the day.
- Avoid stimulating activities like television or work just before going to bed, as they can disrupt both the time it takes to get to sleep, as well as the quality of sleep. Instead, a few minutes of a simple clearing meditation (like slowly counting to 10, counting 1,2,3 etc. for each breath in and out) can set the stage for a peaceful night's sleep.
- If possible, keep your bedroom and bathroom free of work reminders.
- If you enjoy reading before bed, choose your subject matter carefully, not to stimulate, but rather to relax.
- Minimize nitecaps: Though alcohol has a short term drowsiness effect, it may reduce sleep quality as the alcohol wears off, interrupting the healing and regenerating stages of sleep.
- Try to avoid drinking lots of liquids just before bed (unless you are dehydrated) to minimize the likelihood of awakening during the night.
- Say a calming affirmation just as you lay down each night, for example: "I let go of all the day's activities and now enter a relaxing, regenerating and healing sleep."

Happy Sleeping! — Chuck Wild, composer of Liquid Mind relaxation music albums



[Download "Breathe in Me" from Liquid Mind VIII: Sleep](#)

Liquid Mind Streaming Links



Chuck Wild Links

