



## ADOPT HEALTHIER SLEEP HYGIENE

Screen time right before bedtime is sending mixed signals to your brain about when to power down.

Blue light from using smartphones, tablets, TV or computers an hour before bedtime can throw off circadian rhythms. Blue light is also responsible for limiting time spent in slow wave and REM sleep, the two stages vital for cognitive functioning. Even powering down electronics 30 minutes before bedtime can improve the amount of melatonin (sleep hormone) that your body produces and kicks the morning groggy feeling.

Sometimes, avoiding screen time in the evening is not an option. Our days are busier than ever with stay at home orders leaving studying, leisurely reading or catching up on social outlets reserved for the few minutes we have to ourselves before falling asleep.

If technology is going to be used, try out the following tips to get the most out of your restorative and restful sleep.

- 1. Establish a relaxing nightly routine.** A regular bedtime accompanied with tasks that help you wind down is essential for healthy sleep. Wait until you're finished with screens, and then get started on your routine. This could be a warm shower, a guided meditation, a devoted skincare routine or even journaling with dim lights.

- 2. Keep bedroom lights dim.** Smartphones aren't the only blue light emitters; LED lights can also lie in the blue spectrum. Indoor lights of 100 lux or more can suppress melatonin production, keep you awake longer and decrease time spent in REM sleep. Try a lower lux level for bedroom lights.

- 3. Use nighttime mode.** Most technology has the option of turning screens to night mode which is much easier on the eyes before bed. If your device does not come with this feature, remember to manually dim the display screen light.

- 4. Invest in blue-blocker glasses.** These orange tinted glasses are designed to filter out blue light emissions. Studies have shown these to be very effective at decreasing risk of macular degeneration, ease digital eye strain, reduce glare, increase the clarity of vision and overall better for nighttime scrolling.

