

Optimize Your Sleep

Dr. Jesse Morse, MD, CAQSM

Sleep is your SUPERPOWER.

Establishing a set bedtime is KEY.

1. Create a Consistent Sleep Schedule

- Go to bed and wake up at the same time every day, even on weekends.
- Consistency reinforces your body's natural circadian rhythm, making it easier to fall and stay asleep.

Routine, Routine, Routine.

2. Optimize Your Sleep Environment

- Comfortable Bedding: Invest in a supportive mattress and pillows that suit your sleep position.
- Temperature Control: Keep the room cool, typically between 60–67°F (15–19°C), as cooler temperatures promote better sleep.
- Lighting: Use blackout curtains or an eye mask to minimize light exposure.
- Noise: Your bedroom should be quiet. If it's not, consider using earplugs, white noise machines, or calming sounds to block out disruptive noise.

3. Optimize your sleep with these supplements:

1. Magnesium Threonate

Dose: 2000 mg to 3000 mg per day. (approximately 250 mg of elemental magnesium)

2. Apigenin

Dose: 25 mg per day

3. L- Theanine

Dose: 200 mg per day

4. Inositol

Dose: 2,000 mg per day

Take these 30 minutes before bed for optimal results.

4. Take a 'contrast' shower

Hop in the shower and get it as hot as you comfortably can safely tolerate. 2-3 minutes is plenty.

Then, right before you finish, turn the water as cold as possible. Stay under the water for 30 seconds.

This will help to 'reset' your body.

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5. Establish a Pre-Sleep Routine

- Wind down with relaxing activities like reading, or meditating.
- Avoid blue lights (television, phones). Studies have demonstrated that blue light exposure before bedtime can decrease sleep quality and duration, increase sleep latency, and reduce the proportion of deep sleep.

Consider wearing blue-blocking glasses, which have been shown to improve sleep quality. Blue-blocking glasses can enhance melatonin onset, reduce sleep latency, and improve subjective sleep quality.

- Consider putting your phone on ‘sleep’ mode, which will limit the notifications. Many people will consider putting their WiFi, 5G, and even Bluetooth off as well. Some people are really sensitive to the

There’s a study which shows Bluetooth-enabled devices were linked to insomnia, daytime sleepiness, and shorter sleep duration.

6. Limit Stimulants

- Avoid caffeine, nicotine, and other stimulants 4–6 hours before bedtime, as they can interfere with sleep onset and quality.
- Be mindful of alcohol, which may initially induce sleep but disrupts the later sleep stages.

If you want great sleep, AVOID alcohol altogether.

7. Watch What You Eat and Drink

- Avoid large meals and heavy, spicy, or acidic foods close to bedtime, as they can cause indigestion.
- Stay hydrated during the day but limit liquids in the evening to prevent waking for bathroom trips.

8. Stay Physically Active

- Regular physical activity promotes deeper sleep, but try to finish intense workouts at least 3–4 hours before bedtime

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