

20 Noobru Approved Habits for Better Sleep

1. **Drink Noobru Lucid** → <https://noobru.com/lucid> 🌙 🥛
2. **30 second cold shower** *before bed* 🚿
3. **Reduce or Block Blue-Light exposure** *within 4 hours of sleep (no screens 1 hr before bed)*
🚫 📱 🚿
4. **Avoid Caffeine and other stimulants** (eg. Nicotine) *within 6 hours of sleep* ☕ 🚫
5. **Wake up & sleep at the same time everyday** (even at the weekend) 🔄 😊
6. **Avoid alcohol 2-3 hours** before bed (limit 1-2 drinks max) 🍷 ⬇️
7. **Make your sleep environment 'cave like'** - Dark, Cold — *Cover all standby lights with black electrical tape, buy black-out curtains, put your phone on do not disturb.*
8. **No food 3 hours** before sleep (or snacks!)
9. **Journaling and Meditation** in the evening to clear your mind
10. **Upgrade your bedding, mattress and pillow** - *test what's best for you.* 🛏️ 📶
11. **Exercise daily** but *not within 2 hours of sleep.* 🏃
12. **No Naps** after 4pm 😴🚫
13. **Morning light exposure** - *get outside, don't wear sunglasses as you want to get the light into your eyes (but don't look directly at the sun!)* ☀️
14. **Remove reminders of work and stress** from your sleep environment. 🖥️ 🚫
15. **Switch your reading light to one that doesn't emit blue-light** (eg. no Blue amber sleep lamp - Himalayan Salt lamps emit soothing red light) 💡 🚫
16. **Consider earplugs** - *If your sleep environment isn't silent* 🎧
17. **Evict any animals from your bed** and bedroom (sorry!) 🐾 🚫
18. **Eat Sleep enhancing foods:** pistachios, cherries, turkey, kiwi 🥜 🍒 🍗 🥝 🍒 🍷
19. **Eat carbohydrate a rich meal for dinner** (*boosts serotonin levels and reduces cortisol i.e. stress hormone*) 🍌 🍲
20. **Post-dinner evening walk** - *aids digestion and lowers stress* 🚶