

THE ULTIMATE CHEATSHEET FOR



# BETTER SLEEP

*20 Noobru-Approved Habits for Better Sleep*

THINK  
**NOOB**RU  
DRINK

# 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 🚶‍♀️