



5 TIPS FOR BETTER SLEEP



GET OUTSIDE IN THE MORNING LIGHT

Light is needed to balance the circadian rhythm, our bodies wake and sleep cycle. The morning sun provides this beneficial light and activates the production of the sleep hormone, melatonin.



BE ACTIVE DURING THE DAY

Research has shown that exercising during the day, preferably outdoors, makes it easier to sleep at night.



AFTER SUNSET BLOCK OUT BLUE LIGHT

After sunset, blue light from light bulbs and screens is tricking our brain into thinking it's still daytime, disrupting the release of melatonin. It's necessary to block out 100% of this man-made blue light for us to be able to experience restful sleep. *RA Optics Night lenses block 100% of blue/green light, up to 550nm, making them the most effective blue light blocking glasses on the market!*



CREATE A SLEEP FRIENDLY ENVIRONMENT

It's possible to create an environment that induces sleep. The best temperature for sleep is between 60 – 67° F, and limit man-made light in your bedroom to eradicate blue light at the time of sleep.



WAKE UP NATURALLY

Allow yourself to wake up naturally, instead of shocking yourself with an alarm. This helps your circadian rhythm reset at the beginning of every day.

NOW GO TAKE ON THE DAY FEELING REFRESHED AND REVIVED!