



Sybil Cooper, Ph.D.

How well do you sleep?

Here are some questions to consider when evaluating your quality of sleep:

How would you rate your sleep right now?

- 1 - Sleep is as elusive as that winning lotto ticket.
- 5 - Sleep is pure bliss.

How does your body feel when you get out of bed in the morning?

- 1 - What train hit me in the night?
- 5 - My body feels awesome and is pain-free

How is your physical energy when you wake up?

- 1 - Like the low battery indicator on my cell phone.
- 5 - Fully charged and ready to take on the day.

How is your mental energy when you wake up?

- 1 - What mental energy?
- 5 - I am calm, focused, and fierce!

Add up your points and see where you fall:

4-10 = poor quality | 11-15 = okay sleep | 16-20 = AMAZING sleep



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3 SLEEP TIPS

A GREAT day starts the night before!



Remove all electronics including phones from your bedroom.

I have found that impossible. I place my iPhone on DO NOT DISTURB from 9pm-8am. I have my college son set to ring through. Once he called me at 11p; I asked if he were danger, bleeding, or in jail. The answer was no to all. I told him to text next time and I'll answer him the AM, especially if he just needs more GrubHub money. For everyone else, just call twice and it will ring.

Cool your bedroom to 62 to 65F but no higher than 70F.

It sounds chilly but once we started cooling our bedroom to 64-65F, my sleep quality was so much better! Thankfully, our bedroom is on its own thermostat. You can also take a cold shower before bed to drop your body temp to get your body ready for bed but BRRRRRR cold showers are hard for me. I'd rather snuggle down in my blankets in a cold room. And if those dreaded menopausal sweats occur, just kick your feet out and that usually is enough for me off to fall back to sleep.



Pay to attention to how dinner affects your sleep.



Food can have a profound affect on your sleep quality. Eating too close to bedtime can cause interrupted sleep as your body focuses on digesting rather than your brain going through its maintenance program. Also, eating certain foods can cause multiple wake ups.