

# 6 Tips for better sleep

USING AN ANCIENT PERSPECTIVE



## HOW YOUR ANCESTORS AFFECT YOUR SLEEP

Sleep has been a necessity for humans for centuries. **Our sleep patterns are related to how our ancestors lived** their lives centuries ago as hunters and gatherers. It is because of this humble life dependent on the sun that **humans need specific things when sleeping.**

## 1. Have a routine



The most important thing for proper sleep is having a routine. Just like when our ancestors used to start winding down when it was dark out, we should do the same. Having a routine that includes slowing down three to four hours before your set bedtime will help set you up for sleep.

### THINGS YOU CAN DO



Eat 2 - 3 hours before bedtime



Turn off electronics



Build in time to relieve stress

## 2. Relieve your stress



When our ancestors were looking for a place to sleep, they would find a safe place free of predators. While we don't have to watch out for lions, tigers or bears anymore, we should do things that relieve stress in our life. Stress makes falling asleep harder, so stress relievers should be integral to our bedtime routine.

### THINGS YOU CAN DO



Meditation

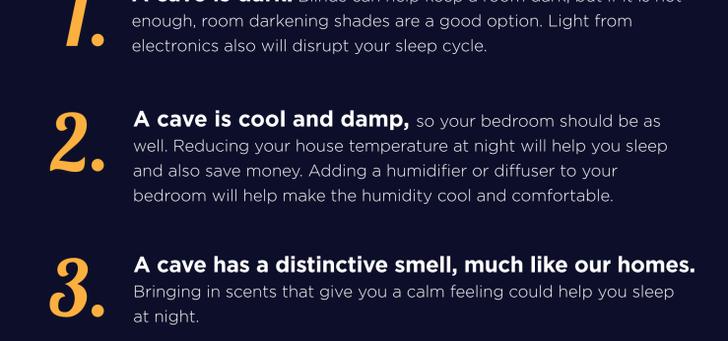


Read a book



Take a warm bath or shower

## 3. Make your bedroom like a cave



Most of our ancestors slept in caves, so our bedrooms should feel like a cave for the best sleep results.

### IMITATE A CAVE ENVIRONMENT WITH THESE FOUR STEPS

**1. A cave is dark.** Blinds can help keep a room dark, but if it is not enough, room darkening shades are a good option. Light from electronics also will disrupt your sleep cycle.

**2. A cave is cool and damp,** so your bedroom should be as well. Reducing your house temperature at night will help you sleep and also save money. Adding a humidifier or diffuser to your bedroom will help make the humidity cool and comfortable.

**3. A cave has a distinctive smell, much like our homes.** Bringing in scents that give you a calm feeling could help you sleep at night.

**4. Calming outdoor noises like rain or river water can help with sleep.** Our ancestors slept outdoors as crackling fires, rain and running water were the final sounds they heard before they fell asleep. Soft music may help provide you with a calm feeling.

## 4. Get enough sleep



How many hours you sleep at night is important. Use this simple guide to decide what time to go to bed.

### RECOMMENDED SLEEP TIMES



Adults

8

Hours



Teenagers

8 - 9

Hours



Children

9 - 12

Hours



Babies

11 - 13

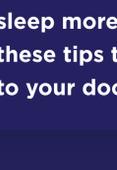
Hours

## 5. Understand yourself

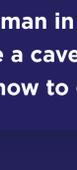


Your correct sleep pattern is based on biology. Our ancestors had different tasks to complete at night. Some cooked the fire while others watched over the camp for predators. These differences in how our ancestors handled sleep are the reason we all vary in our sleep patterns. Just like our ancestors, some of us wake up every two hours or cannot sleep. **Taking cues from your body is how you discover your best sleep pattern.**

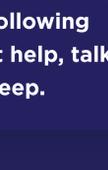
### THINGS YOU CAN DO



Record your sleep in a journal



Use a wearable device that detects quality of sleep



Change up your routine and analyze

## 6. Taking medications



### TALK TO YOUR DOCTOR FIRST



While our ancestors didn't have medications to help them sleep, talk to your doctor before taking any prescription or over-the-counter medications for sleep.

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With some changes to your bedtime routine, you may sleep more like a caveman in no time. If following these tips to sleep like a caveman doesn't help, talk to your doctor about how to get better sleep.