



Barbara Burggraaff, M.D., Medical Director - Board Certified Sleep Physician
Jonathan Greenburg, DDS | Jay Khorsandi, DDS | Stephanie Colletta, DDS
Exclusively Treating Sleep Apnea, Snoring, and CPAP Intolerance



EPISODE #2 - TOP 10 SLEEPING TIPS FOR 2019

Tip #1 -- Set a schedule - go to bed and wake up at the same time each day!

Tip #2 – Sleep in a dark bedroom; ambient light will keep you up; treat light at night like visible radiation.

Tip #3 – Quiet – Try to avoid outside noises including snoring.

Tip #4 --- Have a cool room and/or bed; best temp to sleep is 68 degrees

Tip #5 -- No caffeine after 2 PM; it can take 6 hours or more to wear off!

Tip #6 -- No alcohol 2 hours before bed; One-hour per drink to metabolize!

Tip #7 -- Eat at sunset or no later than 2 hours before bed.

Tip #8 -- No phones or blue light(s) in bed; Beds are for SLEEPING!

Tip #9 – Move or Exercise 30 minutes a day with sun exposure, every day.

Tip #10 -- Mindfulness and meditation; relax, slow your mind down - SLEEP!

The Best Night Ever Podcast Gets Posted Every Tuesday @ 10am!

Corporate Office: 5400 Balboa Blvd, Suite 120, Encino, CA 91316

www.SnoreExperts.com

Phone: (818) 205-1122 Fax: (818) 796-3322

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