

# 36 Sleep Hacks

1. Practice breathing exercises
2. Use guided imagery
3. Listen to relaxing music
4. Practice meditation/mindfulness
5. Reframe your negative thoughts
6. Recite positive affirmations
7. Drink camomile tea
8. Take a warm bath
9. Use essential oils
10. Get sunlight during the day
11. Keep your room cool
12. Practice gratitude
13. Use ear plugs
14. Stay away from phones, television, and other electronics
15. Put your phone on "Do Not Disturb"
16. Read a light-hearted book
17. Declutter your bedroom
18. Stretch your body
19. Say a prayer
20. Buy blackout curtains
21. Play white noise or other soothing audio
22. Write in a journal
23. Stay hydrated during the day
24. Try a laughing yoga exercise
25. Make a to-do list for the next day
26. Don't go to bed angry, worried, or upset
27. Eat a light and healthy snack
28. Exercise regularly  
(but not too close to bedtime)
29. Avoid spicy and acidic foods at night
30. Wear an eye mask
31. Invest in quality mattress
32. Use a weighted blanket
33. Have a supportive pillow
34. Go to bed and wake up within the same hour each day
35. Wear comfortable clothing to bed
36. Cuddle with Cozy Case™



## What is Cozy Case™?

Cozy Case™ is the world's first therapeutic pillowcase to support mental health and better sleep. Our utility patent-pending sleep product is engineered to naturally increase feelings of security and relaxation. Cozy Case™ functions as a traditional pillowcase while providing a soothing tactile experience with its plush sides. The plush sides can be held and hugged, helping to relax the nervous system. Cozy Case™ supports individuals in creating the ideal conditions for falling asleep and staying asleep. Visit: [www.cozycase.shop](http://www.cozycase.shop) to learn more and shop our tangible sleep tools!

My name is Katelyn Anderson, Founder of Equip Sleeping Co. and creator of Cozy Case™. I am a Licensed Independent Clinical Social Worker and therapist. I have 12+ years of experience in the mental health field. This list is not all inclusive or individualized. It should not replace traditional therapies. Seek consultation from a medical professional if sleep problems are significant and/or persist. Affirmations is just one strategy to help support better sleep. Our Sleep Guide is a comprehensive handbook to aid you in your journey to productive, deep sleep. It is a 31-page full-color, illustrated download, full of resources and techniques that have been proven and tested by individuals to achieve their sleep goals. Get your Sleep Guide [here](#).