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○ WHAT'S GETTING IN THE WAY

- What are the activating agents that impair your sleep? (alcohol, caffeine, etc.)
- What are the mood agents that impair your sleep? (racing thoughts, anxious energy, etc.)
- Is there consistency and predictability around bedtime?
- What are your own values, beliefs, assumptions around sleep?

SLEEP TO WAKE TO SLEEP CYCLE



Sunrise



Cortisol &
Adrenaline
Released



Awake Signal



Activates
Timer for
Melatonin



Sunset

STRATEGIES AND SOLUTIONS

- Wake up **no later** than one hour after sunrise. Watch the sunset.
- Limited artificial light as much as possible after the sunset. Keep lights low.
 - Regularity - same bedtime, every night.
 - Predictability - same routine, every night.
 - Keep it cool.
- *AND... Yes. No phones. I know. It feels impossible. But no, it's possible.*