



72-HOUR KIT

CHECK LIST SUGGESTIONS

.....

FOOD

- ☐ Emergency Food Bars
- ☐ Freeze-dried Pouches (+ Water)
- ☐ Dried Fruits & Veggies
- ☐ Soup
- ☐ Kids' Comfort Food or Gum
- ☐ Camping Utensils
- ☐ Cooking Canister (for Boiling)

WATER

- ☐ Water Pouches
- ☐ Water Purification Tablets
- ☐ Water Filtration System

LIGHT

- ☐ Glowsticks
- ☐ Headlamps
- ☐ Lantern
- ☐ Solar Inflatable Lantern
- ☐ Personal Flashlight
- ☐ Large Flashlight
- ☐ Extra Batteries (+ Solar Chargers)

SHELTER

- ☐ Tarp
- ☐ Lightweight Sleeping Bag
- ☐ Emergency Blanket
- ☐ (or Wool Blanket)
- ☐ Rope or Paracord

CLOTHING

- ☐ Extra Set of Clothes (Seasonal)
- ☐ Socks
- ☐ Hat
- ☐ Coat / Gloves
- ☐ Sturdy Shoes
- ☐ Poncho / Rain Gear

SANITATION & HYGIENE

- ☐ Wipes
- ☐ Toilet Paper
- ☐ Soap / Body Wipes
- ☐ Toothbrush / Paste / Floss
- ☐ Dry Shampoo
- ☐ Feminine Hygiene Products
- ☐ Trash Bags

TOOLS & GEAR

- ☐ Duct Tape
- ☐ Knife or Multi-tool

DOCUMENTATION (COPIES)

- ☐ Driver's License
- ☐ Social Security Cards
- ☐ Credit / Bank Accounts
- ☐ Birth Certificates
- ☐ Medical Information
- ☐ Vaccination Records
- ☐ Contact Information
- ☐ ID Cards / Photos

FIRST AID

- ☐ Bandages (Vary Sizes)
- ☐ Sterile Gauze Pads
- ☐ Scissors / Tweezers
- ☐ Antibiotic Ointment
- ☐ Allergy / Rash Creams
- ☐ Alcohol Wipes
- ☐ Pain Relievers / Aspirin
- ☐ Instant Cold Compress
- ☐ Hand Warmers
- ☐ Sterile Gloves
- ☐ Ace Bandage / Scarf
- ☐ Extra Prescriptions
- ☐ Antacids / Stomach Aids
- ☐ Extra Glasses / Contacts

COMMUNICATIONS

- ☐ Cell Phone
- ☐ Hand Held Radio
- ☐ Walkie Talkies
- ☐ Signaling Devices

OTHER

- ☐ Cash
- ☐ Entertainment Items
- ☐ Security / Weapons
- ☐ Bug Spray & Sun Screen
- ☐ Cards or Coloring Books
- ☐ _____
- ☐ _____

First, I'd like to thank my husband, Dan. Without him this book would not exist. Thank you also to my wonderful family and friends, who believed in this idea before anyone else. And thank you to everyone who has taken the time to tell me what *Good and Cheap* means to them. I heard from thousands of people throughout the course of creating and distributing this book. The outpouring of love and support I've received is probably enough for several lifetimes. To those who told me this book has given them hope, inspired them, or otherwise brought them pleasure: I don't deserve so much gratitude for so little, but doing work that matters is all I have ever wanted.

Text, recipes, and most photographs and design by Leanne Brown, in fulfillment of a final project for a master's degree in Food Studies at New York University.

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Introduction

Eating is one of life’s greatest pleasures. In a perfect world, healthy and delicious food would be all around us. It would be easy to choose and easy to enjoy.

But of course it’s not a perfect world. There are thousands of barriers that can keep us from eating in a way that nourishes our bodies and satisfies our tastes. Money just needn’t be one of them.

Kitchen skill, not budget, is the key to great food. This cookbook is a celebration of the many delicious meals available to those on even the most strict of budgets.

Eating on a limited budget is not easy, and there are times when a tough week can turn mealtime into a chore. As one woman told me, “I’m weary of the ‘what’s for dinner?’ game.” I hope the recipes and techniques in this book can help make those times rare and the tough choices a little more bearable.

At the same time, this book is not a meal plan—those are much too individual to share on a wide scale. Every person and every family has specific needs and unique tastes. We live in different regions, different neighborhoods, and with varying means. One book cannot account for all of that, but I hope it can be a spark, a general strategy, a flexible set of approachable and cheap recipes. The rest is up to you.

I think you’ll find (or perhaps have already found) that learning to cook has a powerfully positive effect. If you can become a more skilled, more conscious cook, you’ll be able to conjure deliciousness in any kitchen, anytime. Good cooking alone can’t solve hunger in America, but it can make life happier—and that is worth every effort.

Just as a good meal is best shared with others, so is a good recipe. I may not be able to share a meal with you, but I’d love to offer a few ideas. What’s for dinner? Here’s my answer.

Free Service

Campus Service Officers (CSOs) are students employed by the CSU Police Department. They are available to walk with you anyplace on campus or within a three block radius of campus, the Veterinary Teaching Hospital, and Foothills Campus. CSOs receive training in a variety of safety and security-related subjects and are in constant contact with the CSU PD's Dispatch Center via 2-way radio. Our CSOs are friendly, willing to help, and available to assist you.

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What is Grounding?

- A set of distraction techniques to decrease extreme emotional pain and increase connection to the outside world.
- It includes naming and listing things in the present by using as many of the five senses as possible.

Changing Focus, How do you start?

- Grounding can be done any time, any place, anywhere and no one has to know you are doing it.
- Use it when you are faced with a trigger, enraged, dissociating or whenever your emotional pain goes above 6 (on a 0 to 10 scale, 10 being the worst).
- Rate your level of emotional pain before and after completing a technique from a scale of 0 to 10.
- Take a deep breath in from the nose and breathe slowly out from the mouth.
- Keep your eyes open and the lights on while scanning the room.
- Do not talk about negative feelings or do journal writing while grounding
- It is important to stay neutral. Avoid judgments of "good" and "bad". When the thought comes to your mind, acknowledge it then move on. For example say – *"The shirt is yellow"* not *"I look bad in a yellow shirt"*.
- Focus on the present, not the past or future.

Examples of Grounding

1) Mental Grounding

- **Play a "categories" game with yourself.**
 - List "types of dogs", "celebrities", "foods", "zoo animals", or compare and contrast
- **Describe an everyday activity in great detail.**
 - For example, describe a meal that you cook (e.g., *"First I peel the potatoes and cut them into quarters"*)
- **Imagine**
 - Picture in your mind you are changing the TV channel to get to a better show or that you are putting your pain in a safe with a lock and key.
- **Say a safety statement.**
 - *"My name is _____; I am safe right now. I am in the present, not in the past."*
- **Read out loud.**
 - Say each word to yourself or read each letter backward so that you focus on the letters and not on the meaning of the words.
- **Use humor.**
 - Think of something funny
- **Count to 10 or say the alphabet, very s...l...o...w...l...y.**
- **Do an age progression.**
 - If you have regressed to a younger age (e.g., 10 years old), you can slowly work your way back up until you are back to your current age.

2) Physical Grounding

- **Run cool or warm water over your hands or splash water on your face.**
 - Pay attention to the sensations
- **Touch or grab tightly various objects around you.**
 - Such as a pen, keys, your clothing, the wall. Pay attention to the texture, colour, weight, temperature, and compare it with other objects nearby.
- **Dig your heels into the floor-literally "grounding" them.**
 - Notice the tension in your heels and remind yourself that you are connected to the ground.
- **Carry a grounding object in your pocket.**
 - It can be a small object such as a rock, piece of jewelry, a toy, or a strong scent which you can touch or smell whenever you feel triggered.
- **Jump up and down.**
 - Notice how you can move your body.
- **Stretch.**
 - Roll your head from side to side, extend your fingers up to the sky then down to your toes.
- **Tense and release different parts of your body.**
 - Focus on one muscle group at a time, for example your right hand. Take a slow breath and squeeze the muscle as hard as you can for about 5 seconds. Feel the tension then release the tension as you exhale. Pay attention to the tension disappearing as you relax the muscle.
- **Walk slowly**
 - Notice each footstep, saying "left foot" and "right foot" as you walk
- **Eat something slowly, describing the flavours in detail to yourself**
 - Is it sweet, sour, bitter?
- **Focus on your breathing**
 - Notice each inhale and exhale. Repeat a safe word to yourself as you breath in or out

3) Soothing Grounding

- **Say kind statements to yourself.**
 - *"I am a good person going through a hard time. I **WILL** get through this."*
- **Think & say your favourite things.**
 - It can be your favourite colour, animal, season, food, time of day, activity etc
- **Picture people or animals you care about** (e.g., your children, family members, celebrity crushes).
 - Look at a photograph and think of what you like
- **Remember the words to an inspiring song, quote, or poem.**
- **Remember a safe place.**
 - Focus on the colours, smells, textures, and sounds of a soothing place.
- **Say a coping statement.**
 - *"This feeling will pass." "I can handle this." "I am safe."*
- **Plan a treat for yourself.**
 - It can be a warm bath, a massage, a tasty dessert, a special walk, going for a coffee
- **Think of things you are looking forward to in the next week.**
 - For example, spending time with someone you care about, watching a television show, going grocery shopping, etc.

Other Grounding Activities

"54321"

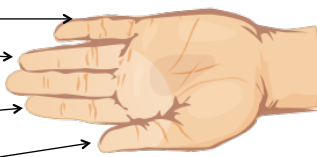
- Name 5 things you can see in the room with you
- Name 4 thing you can feel
- Name 3 things you can hear right now
- Name 2 things you can smell right now or 2 things you like the smell of
- Name 1 good thing about yourself

"Five Senses"

Trace your hand on a piece of paper and label each finger as one of the five senses (touch, taste, smell, hearing, sight). Take each finger and identify something special and safe representing each of those five senses.

For example:

- **Touch:** a furry cat
- **Taste:** honey
- **Smell:** lavender
- **Hearing:** waves
- **Sight:** a baby laughing



After writing and drawing this on the paper post it somewhere visible in your home and memorize it. When triggered, breathe deeply and slowly and put your hand in front of your face where you can really see it. Stare at your hand and concentrate on each finger and repeat each sense with its safe association.

How to make it work!

- **Practice** as often as possible, even when you don't need it
- **Create your own plan** to use grounding techniques as your new coping strategy.
- **Start doing grounding exercises early** in the distress cycle
- **Try** it for at least 20 minutes
- **Rate your emotional pain before and after** completing a technique so you can tell which strategies work best
- **Notice which methods you like the best** then have a list somewhere handy to remind yourself to use them
- **Use auto tape of grounding messages, index cards, and/or a significant object** (i.e. stone, photograph, fragrance, piece of jewelry, etc.)
- **Remind yourself why you are doing it**



Create Your Own Plan

Example:*

When I feel anxious (name the emotion),
 I am sensing tingling in my chest (describe the body sensation)
 because I am remembering the sexual assault (name the trauma by title only, no details).
 Here I am in the laundry room at home (name the place where you are)
 and I will count to 10 slowly then pay attention to the cool sensation of the water dripping from my hands (select your grounding techniques you will do)
 so I know the sexual assault (name the trauma)
 is not happening now/any more.

When I feel _____ (name the emotion),
 I am sensing _____ (describe the body sensation)
 because I am remembering _____ (name the trauma by title only, no details).
 Here _____ (name the place where you are) and
 I will _____ (select grounding techniques you will do)
 so I know _____ (name the trauma)
 is not happening now/any more.

Additional Resources

Najavits, L.M. (2002). *Seeking Safety: A Treatment Manual for PTSD and Substance Abuse*.

Prince Edward Island Rape & Sexual Assault Centre. (2008). *Grounding Techniques*. Retrieved April 30, 2014 from www.peirsac.org/peirsacul/er/educational_resources10/pdf

Rothchild, B. (2000). *The body remembers: The psychophysiology of trauma and treatment*. New Year: W.W. Norton.

How to Grow Your Support Network

Cast a wide net.

When it comes to your social supports, one size doesn't fit all. You may not have someone you can confide in about everything — and that's okay. Maybe you have a colleague you can talk to about problems at work, and a neighbor who lends an ear when you have difficulties with your kids. Look to different relationships for different kinds of support. But remember to look to people you can trust and count on, to avoid disappointing, negative interactions that can make you feel worse.

Be proactive.

Often people expect others to reach out to them, and then feel rejected when people don't go out of their way to do so. To get the most out of your social relationships, you have to make an effort. Make time for friends and family. Reach out to lend a hand or just say hello. If you're there for others, they'll be more likely to be there for you. And in fact, when it comes to longevity, research suggests that providing social support to friends and family may be even more important than receiving it.⁴

Take advantage of technology.

It's nice to sit down with a friend face-to-face, but it isn't always possible. Luckily, technology makes it easier than ever before to stay connected with loved ones far away. Write an email, send a text message or make a date for a video chat. Don't rely too heavily on digital connections, however. Some research suggests that face-to-face interactions are most beneficial.

Follow your interests.

Do you like to hike, sing, make jewelry, play tennis, get involved in local politics? You're more likely to connect with people who like the things you like. Join a club, sign up for a class or take on a volunteer position that will allow you to meet others who share your interests. Don't be discouraged if you don't make friends overnight. Try to enjoy the experience as you get to know others over time.

Seek out peer support.

If you're dealing with a specific stressful situation — such as caring for a family member or dealing with a chronic illness — you may not find the support you need from your current network. Consider joining a support group to meet others who are dealing with similar challenges.

Improve your social skills.

If you feel awkward in social situations and just don't know what to say, try asking simple questions about the other person to get the ball rolling. If you're shy, it can be less intimidating to get to know others over shared activities — such as a bike ride or a knitting class — rather than just hanging out and talking. If you feel particularly anxious in social situations, consider talking to a therapist with experience in social anxiety and social-skills training.

Ask for help.

If you lack a strong support network and aren't sure where to start, there are resources you can turn to. Places of worship, senior and community centers, local libraries, refugee and immigrant groups, neighborhood health clinics and local branches of national organizations such as Catholic Charities or the YMCA/YWCA may be able to help you identify services, support groups and other programs in your community.

Bedding

- ☐ Sleeping bag or sleeping mat
- ☐ Pillow
- ☐ Extra blanket or sheet

Clothing

- ☐ Pajamas
- ☐ Slippers
- ☐ Underwear
- ☐ Socks
- ☐ Shirts
- ☐ Shorts or pants
- ☐ Sweatshirt or jacket

Toiletries

- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Dental floss
- ☐ Washcloth
- ☐ Towel
- ☐ Hairbrush or comb
- ☐ Soap
- ☐ Shampoo
- ☐ Deodorant
- ☐ Hygiene products, if necessary
- ☐ Glasses or contact lenses, if necessary

Fun Stuff

- ☐ Cards or board games
- ☐ Music player
- ☐ Movies



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How to practice good sleep hygiene checklist

Most of us can benefit from improving at least one aspect of our sleep hygiene. Consider the following tips your guide to getting a good night's sleep.

1. Know how much sleep you need.

If you're going to change your habits to ensure you get enough sleep, it's helpful to start by knowing exactly what "enough" is.

Throughout our lives, our sleep needs change, but as a general rule, adults in good health typically require 7 to 7.5 hours of sleep. Infants, children, and adolescents need more to differing extents. You can find out how much sleep you need here.

You may need less or you may need more than the recommended amount. As you work through the following tips, set aside enough time for you to realistically get at least 7 hours of sleep. If you do this for a few days and still wake up feeling unrested, gradually increase the number. On the other hand, if you bound out of bed each morning after only 6 hours and still feel great, don't worry about it. What's important is that you feel well-rested – not that you get the "correct" amount of sleep.

The one caveat to this is if you are regularly sleeping less than 6 or more than 9 hours and still don't feel rested, you may have a sleep disorder. Get step-by-step instructions for receiving a diagnosis.

2. Go to bed the same time every night.

Once you know how much sleep you need, set and follow a regular sleep schedule that provides enough room for it to happen.

Avoid bedtime procrastination at night, which is exactly what it sounds like. Set alarm for the morning and get up the same time every day, even if you had a bad night with frequent awakenings.

Keep your sleep and wake times consistent throughout the week – even weekends. Otherwise, you'll find yourself experiencing an uncomfortable rebound effect come Monday.

Using a sleep tracker app or keeping a sleep diary can help ensure you're actually following the sleep schedule you set.

3. Find a quiet place to sleep.

Your bedroom should be as quiet as possible. Some people find absolute silence uncomfortable, in which case white noise can be helpful for calming those anxieties or drowning out noisy neighbors or pipes. White noise machines are a bit passe, given the abundance of white noise apps you can easily download for your smartphone. Choose from nature sounds, guided meditation, or classical ambient white noise.

If you live in a noisy neighborhood or apartment building, read our article for tips on making your bedroom quieter. Strategically place furniture, invest in acoustical padding decor, or use more accessible items like earplugs, curtains, and pillows to block out noise.

Sometimes the noise is closer – and furrier – to home. If your pet is waking you up with a jingling collar, scratching, or snoring, consider kicking them out of your bedroom and offer them a nice cushy bed somewhere else in the house.

4. Keep your bedroom dark and cool.

The best temperature for falling asleep is somewhere in the low- to mid-60 degrees Fahrenheit. Maintaining a consistently cool temperature helps your body thermoregulate during sleep.

Keeping your bedroom dark also keeps it cool, by blocking out heat from sunlight in the morning. More importantly, the darkness convinces your brain that it's still night time. If you live in a very light-polluted area (most cities fall in this category), get an eye mask and blackout curtains to aid in this goal.

Small night lights and illuminated clocks might be okay, but some light-sensitive people may find them bothersome. Avoid turning on the full light if you need to get up and use the bathroom during the night. Even a short exposure in the middle of the night can make it harder to get back to sleep.

5. Dedicate your bed to sleep and sex, and nothing else.

Having a dedicated place for sleep is psychologically important. We don't think expensive mattresses and bedding materials are worth it, but having a comfortable place to lie down and stretch out is important.

Find the best mattress for you, so you can't wait to go to bed at night. Invest in comfortable bedding and supportive pillows, too.

It is important to subconsciously connect being in bed with sleeping. Don't read in bed or talk on the phone. Remove clutter and items that remind you of work from your bedroom as well, such as your computer. Instead, treat your bedroom as a haven for sleep.

6. Limit screen time before going to bed.

Some people have televisions in their bedrooms, although watching TV right before going to sleep (or worse, during nighttime awakenings) is not a good idea.

Looking up close at computer screens and tablets shortly before bed is actually detrimental to sleep. The light from those screens tricks your brain into thinking it's daytime again. The problem with these devices is that they all use blue light, the strongest wavelength of light that your brain perceives as sunlight.

Besides the intensity of the light, many of these devices find ways to either stress or excite you, whether they ping you with a frustrating work email or a happy Facebook notification.

Try to stop using all electronics 1 full hour before bed. That includes your television, computers, phones, e-readers, and tablets. If you absolutely can't tear yourself away from any of these items, at least turn on the red light filter.

If you're wondering how to spend a full hour without electronics, just read the next tip.

7. Follow a bedtime routine.

Following the same set of activities each night, in the 30 to 60 minutes before bed, psychologically trains your brain to recognize it's time for bed when it's bedtime.

Your bedtime routine should be relaxing. The goal is to wind your mind and body down for sleep. Yours might include the following activities:

Turning off all electronics

Taking a warm bath

Aromatherapy

Meditation or visualization

Deep breathing or progressive muscle relaxation

Reading a book by a soft lamp

8. Limit your daytime naps.

Pay attention to how much you nap during the day. Sometimes naps are essential for that extra productivity boost during a long day, but frequent naps or longer siestas can seriously interfere with nighttime sleep.

If you do nap, limit it to a short power nap of 30 minutes or less. Longer than that, and you risk entering deep sleep, from which you'll wake up even groggier than before (and likely experience a tougher time falling asleep later that night).

9. Watch what you eat and drink, and when.

It's hard to get to sleep on an empty stomach, but dinner several hours before bedtime is usually enough to hold you over. Some people sleep better if they have a small snack before bed, but you want to avoid large meals late at night. Large meals, although they can make us sleepy, often result in disrupted sleep a few hours later. Plus, sleeping after a large meal can make acid reflux worse in people who suffer that condition.

A more nutritious diet supports higher-quality sleep. If you want to sleep better, eat better. But when deciding on dinner and your bedtime snack, it's especially important to incorporate foods that are known to promote sleep, while avoiding ones that do the opposite.

Fortunately, the list of the best foods for sleep is a long one, including yogurt, oats, nuts, milk, rice, cherries, and bananas, and much more. The list for bad ones is easy to remember: it's the ones you should already avoid, because they're too sugary, fatty or rich to be good for you anyway.

Staying hydrated is key to good health, but watch your water intake in the evening, too. Go to the bathroom one last time before bed, to avoid being woken up by your bladder.

10. Limit other substances, too.

Caffeine and alcohol both disrupt sleep. While alcohol may make you drowsy and induce sleep initially, it disrupts your sleep in the latter part of the night – preventing you from getting essential amounts of REM and deep sleep. On the flip side, caffeine is a stimulant. It amps up your nervous system, so your brain thinks it's time to wake up instead of wind down.

Other substances, like marijuana and nicotine, can also interfere with sleep. If you're a fan of any of these substances, limit your intake to avoid them interfering with your sleep. Try to stop using them 4 to 6 hours before you plan on falling asleep.

11. Exercise during the day.

What you do during the day, several hours before bedtime, can have a big impact on your sleep. Exercise improves your overall health, and it helps physically tire your body by the time bedtime comes.

However, strenuous exercise should be avoided at night, ideally 3 hours before bed. It energizes you, and the more awake you are, the harder it is to fall asleep.

For intense athletes, quality deep sleep is critical to the recovery process and maintaining their athleticism, so don't ignore this no-exercise-late-at-night rule.

12. Get some sunshine.

It may seem counterintuitive, given our harping about the importance of sleeping in a dark room, but a daily dose of sunshine can actually help you sleep better.

Our sleep-wake cycle is closely connected to our circadian rhythms. Your brain relies on sunshine during the day to recognize it's time to be awake and alert. The more natural light you receive, the more your body stays in tune to the regular day-night rhythms, and your brain learns to associate the darkness that comes in the evening with falling asleep. That's why it's so important to limit your exposure to bright light late at night from electronics.

Aim to get some sunshine in in the morning. Pair it with your exercise if you can. It will help wake you up, energizing you for the day, and make you more tired by bedtime.

13. Stay calm when you can't sleep.

Even if you put all these sleep hygiene tips into practice, there will still be nights when you have difficulty falling asleep. When that happens, don't panic.

If you can't fall asleep after 20 minutes, leave your bedroom and do something relaxing somewhere else. You don't want your mind to associate your bed with frustration.

Do the same if you wake up during the night and can't fall back asleep. In either scenario, don't focus on the time, as it will just cause unhelpful anxiety. Read a book, sketch, or do another calming activity that can be done in low lighting. Do NOT turn on your electronics!

14. Experiment!

The right way to sleep is different for different people, and it may change for you over time. So just because you've found one optimal sleep regimen doesn't mean that five years later your "optimal" won't change. Even in the short term, optimal sleep hygiene practices can vary from week to week. For instance, pain or sickness may cause you to shift to a different bedtime.

The best approach to sleep hygiene appears to be "strong opinions, loosely held". Go whole hog with your hygiene practices and keep doing them every night, but be ready to change them when needed.

15. Get help when you need it.

Unfortunately, it is possible that you'll implement all these tips and follow them dutifully, and still not experience improved sleep.

If this is the case, you may have a sleep disorder or another health issue. Keep a sleep diary and talk to your doctor to get help.

SMART HYDRATION REMINDER



Attach Ulla

Ulla works with bottles of any shape, size & material



Get a blink, take a sip

If you forget to drink, smart detection sensors remind you to hydrate at least once per hour



Look great, feel best

Optimal hydration boosts metabolism improves productivity & does wonders for your skin