



Good Sleep Hygiene

for Deep,
Restorative Sleep

Simple Biohacks to Help You Fall Asleep Faster,
Stay Asleep Longer and Wake
Feeling Refreshed & How Sleep improves our
wellbeing

By Jo Surkitt

josurkitt.com.au



Jo Surkitt

Why Sleep Is So Important

Sleep is one of the most powerful healing tools available to us.

It restores the body, clears the mind, balances hormones and allows the nervous system to reset.

Yet in modern life, sleep is often the first thing we sacrifice.

Stress, busy minds, hormonal changes, screen exposure, chronic illness, shift work, parenting and caring responsibilities can all interfere with deep, restorative sleep.

But here's something I often share with clients:

Sleep is like a Swiss Army knife for health.

A good night's sleep supports almost every system in the body.

Whether you're struggling with physical symptoms, emotional stress, brain fog, hormone imbalance or fatigue, improving sleep can significantly improve how you feel.

Think of sleep as a first aid kit for the body and mind.

When we sleep well, the body has the opportunity to repair, regulate and rebalance itself.

The Body's Night-Time Repair System

When you fall asleep, remarkable things happen inside your body.

The Glymphatic System – The Brain's Cleaning System

During deep sleep, the brain activates a process called the glymphatic system. This system works like a detox and cleansing cycle for the brain. It flushes away metabolic waste, toxins and proteins that build up throughout the day.

This process helps support:

- Brain clarity
- Memory consolidation
- Cognitive function
- Reduced risk of neurological disease
- Mental health and emotional regulation

Without enough deep sleep, the brain does not clear these wastes effectively.



Physical Restoration

While you sleep, the body also:

- Repairs tissues and muscles
- Strengthens the immune system
- Regulates blood sugar
- Balances hormones
- Supports metabolism and weight regulation
- Reduces inflammation
- Replenishes cellular energy

Mental and Emotional Reset

Sleep also restores the nervous system and emotional brain.

Quality sleep helps with:

- Mood stability
- Reduced anxiety and stress
- Improved focus and memory
- Emotional resilience
- Mental clarity and creativity

It's no surprise that after a poor night's sleep, everything feels harder.

Sleep Starts the Moment You Wake Up

One of the most important things to understand is that good sleep does not begin at bedtime.

Sleep actually starts the moment you wake up.

Your body follows a powerful internal clock known as the circadian rhythm, which is influenced by:

- Light exposure
- Movement
- food timing
- stress levels
- hormone balance
- nervous system regulation

When these signals are out of balance, the body struggles to produce melatonin and enter deep sleep at night.



Looking at the Root Cause of Sleep Issues

If you struggle with sleep, it is important to explore the underlying reasons.

Common contributors to disrupted sleep include:

- Menopause and hormonal changes
- Chronic illness or inflammation
- Chronic pain or injury
- Stress and anxiety
- Depression
- Caring for a baby, child or unwell family member
- Shift work or irregular schedules
- Nervous system dysregulation
- Excessive screen exposure
- Blood sugar imbalances
- Histamine sensitivity





Sleep Biohacks to Help You Fall Asleep Faster and Stay Asleep
Small daily habits can make a powerful difference.



Here are some simple strategies that support the body's natural sleep rhythm.

1. Morning Sunlight (One of the Most Powerful Sleep Tools)

Get natural sunlight in your eyes within 10–30 minutes of waking.

Why it matters:

Signals your brain to stop melatonin

Boosts serotonin (your awake hormone)

Helps your body naturally produce melatonin 12–14 hours later

Even 5–10 minutes outside makes a big difference.

Bonus tip: Walk, stretch, or have your coffee outside.

2. Gentle Afternoon Movement

Sleep improves when the body uses energy during the day.

Best options: Gentle stretching, Walking, Yoga, Cycling, Light strength training.

Movement helps: Reduce stress hormones, regulate circadian rhythm, improve deep sleep.

Avoid intense exercise right before bed for some people.

3. Magnesium & Epsom Salt Baths

Magnesium is like nature's relaxation mineral.

Options:

- Epsom salt bath
- Magnesium lotion or oil
- Magnesium glycinate supplement

Benefits:

Supports muscle relaxation, helps calm the nervous system and may improve sleep onset

4. Delta Frequency Sound for Deep Sleep

Listening to delta frequency music before sleep or while getting to sleep can support deeper rest and sleep.

Delta waves are associated with: Deep sleep, Physical restoration & Brain recovery.

5. Create a Sleep Sanctuary

Your bedroom environment plays an important role in sleep quality. Helpful sleep tools may include:

- eye masks
- earplugs
- blackout curtains
- weighted blankets
- cool room temperature
- calming scents such as lavender

These cues signal to the brain that it is time to relax and sleep.

6. Reduce EMF Exposure at Night

Some people find sleep improves when they reduce electromagnetic exposure in the bedroom.

Simple strategies may include:

- Turning phones off or onto airplane mode
- Switching off Wi-Fi overnight
- Keeping phones away from the bed
- Avoiding sleeping with devices close to the head
- Don't sleep with head against Smart Metre wall or fridge

Creating a calm, low-stimulus sleep environment can help support deeper rest.

7. Calm the Nervous System Before Bed

Sleep struggles are often a nervous system issue, not a sleep issue.

Great pre-sleep rituals:

Breathwork, Gentle stretching, Journaling, Meditation or Gratitude reflection.

8. Reduce Evening Light & Screens

Blue light suppresses melatonin.

Helpful strategies:

- Reduce screens 60–90 mins before bed
- Use red light or warm lighting
- Blue-light blocking glasses if using devices

Think of it as telling your brain the sun has set.

9. Be Mindful of High Histamine Foods in the Evening

For some people, histamine can contribute to wakefulness or disrupted sleep.

Foods higher in histamine can include:

- aged cheeses
- cured meats
- fermented foods
- tomatoes
- spinach
- chocolate
- alcohol – especially wine

Reducing these foods in the evening may help improve sleep quality.

10. Include Foods That Support Sleep

Some foods naturally contain nutrients that support serotonin and melatonin production.

Sleep-supportive foods include:

- bananas
- kiwi fruit
- almonds
- pumpkin seeds
- oats
- turkey
- cherries

These foods contain nutrients such as tryptophan, magnesium and potassium which help the body relax.

11. Avoid Caffeine Later in the Day

Caffeine can remain in the body for 6–8 hours or longer.

To support sleep quality, many sleep experts recommend avoiding caffeine after midday (12pm).

This includes:

- coffee
- energy drinks
- cola
- some teas
- chocolate

12. Do a “Brain Dump” Before Bed

If your mind tends to race at night, a brain dump can be incredibly helpful.

A brain dump simply means writing down everything on your mind before bed.

This might include:

- to-do lists
- worries or concerns
- ideas or reminders
- tasks for the next day

By putting these thoughts on paper, the brain no longer feels the need to keep rehearsing them while you try to sleep.

Think of it as clearing mental clutter before bedtime.

13. Reduce Evening Screen Exposure

Screens emit blue light, which can suppress melatonin production.

Try reducing screen exposure 1–2 hours before bed.

Helpful alternatives include:

- reading, journaling, gentle stretching, meditation, listening to calming music

Blue-light blocking glasses or night-mode filters can also help.

A Gentle Reminder

Sleep is one of the most powerful tools for supporting your health, energy and wellbeing.

By making small adjustments to your daily habits and evening routines, your body can gradually return to its natural rhythm of deep, restorative rest.

Need Support With Your Sleep?

If you are struggling with insomnia, night waking or ongoing sleep disturbances, support is available.

Jo Surkitt works with individuals experiencing sleep disruption related to stress, menopause, chronic illness, nervous system dysregulation and busy modern lifestyles.

You can work with Jo through in-clinic sessions or express your interest in an upcoming Sleep Session or workshop.

For more information or to enquire: hello@josurkitt.com.au
or visit josurkitt.com.au