

MAXIMIZING SLEEP

AT HIGH LATITUDES

DAYLIGHT VS DARKNESS



HIGH LATITUDE COUNTRIES



SLEEPING WHEN THE SUN REFUSES TO SET



Avoid daylight in the evenings close to your bedtime



Use blackout curtains and/or eye mask to block light



Take 3mg melatonin -1h prior to bedtime



GETTING UP WHEN IT IS DARK



Get bright light exposure in the first 1-2 hours of being awake (light boxes and daylight light bulbs are commercially available)



Maintaining a healthy diet and an exercise routine can help

GENERAL TIPS

Keep your sleep schedule consistent, even on weekends.

Set a daily fixed wake-up time and bedtime, shooting for 7-8 hours of sleep.

Avoid electronics 30-60 min prior to bedtime.

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