



Sleep To Feel Better. Sleep To Move Better. Sleep To Perform Better.

- Get up with the sun, get bright sun exposure regularly especially in the morning for 15 minutes and again later in the afternoon, and fall asleep by 10 PM. Maintain as best as possible a consistent schedule of waking and sleeping.
- Eat according to your Metabolic Type.
- Avoid caffeine after 12 PM.
- Avoid Alcohol, Sugar, Nicotine, and Grain consumption, especially close to bedtime.
- Regular balanced exercise; avoid working out within two hours of going to bed.
- Start winding down 2 hours before bedtime and dim the lights in the house, (incl. TV and Computers). If possible, use natural bees wax candles. Consider journaling or drawing in regards to what you are grateful for, from earlier in the day.
- Try using some essential oils, such as Oil of Lavender.
- If you can tolerate milk, warm milk can help provide tryptophan, a precursor to melatonin and serotonin, which often makes people drowsy. If dairy intolerant consider another protein snack providing tryptophan.
- Try unplugging all electrical devices in your bedroom.
- Leave your window partially open at night so that you can keep fresh air in the bedroom and, keep the temperature about 60-65 °F.
- Have faint nature sound music or a water fountain on to help with relaxation prior to and/or during sleep.
- Shower or bathe before bed.
- Make sure the windows are well covered, and the bedroom completely dark.