Sleep 101 - Mini Class

Set the Stage #5

Bedroom for Sex and Sleep Only
Cool 63-73 degrees
Dark
Put phone and computer away
Quiet or White Noise
Consider keeping pets/children out of your bed

Live Life Well #4

Drink Enough Water Daily
Eat Whole, Real, Natural Food
Fun Sweaty Activity
Sunshine
Grounding

Timing Matters #3

Be consistent both sleep and awake times
Stretch before bed
Nap for 15-20 min (noon to 6 pm best)
Consider limiting:

Caffeine
Alcohol/Tobacco
Strenuous exercise
Eating
Digital devices
Hard conversations

Sleep Aids #2

Essential oils
Tea
Supplements
Bach flowers
Homeopathic remedies
Certain foods

Bedtime Routine #1 - like a kid

Warm shower or tub
Listen to your favorite music
Read a book (paper)
Journal
Inventory the day:
Forgive and spend time in prayer and thankfulness
Deep breathing
Sleep on your right side

it is well

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