

# SIMPLE TIPS ON HOW TO ACHIEVE RESTFUL, NOURISHING SLEEP



## 1. Avoid Stimulation Before Bedtime:

- ritual at night to help get you into a relaxed state
- avoid screens for at least 2 hours prior to going to bed

## 2. Enjoy a Hot and Cold Shower or Bath

- A bath or shower before bed is a great way to relax your body, especially if you change the temperature from hot to cold.
- This as a pump for your lymphatic system and expands and contracts your blood vessels which brings your awareness and consciousness and all your energy into your body and out of your mind.

## 3. Stretch Your Body

Perform a mild stretch before bed. Try getting into child's pose by kneeling on your knees and placing your hands in front of your head and touching your forehead to the ground or bed. Stay in this pose for about 20 seconds to a minute and just focus on your breathing.

## 4. Listen to my insomnia mp3

Lie down on your bed and listen to my evening visualisation because it's specifically designed to put you into the state of deep sleep. You don't have to listen to what it's saying, you can tune out and let your subconscious listen. □



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Is a collection of habits that can help you fall asleep more easily and sleep more deeply. You can develop good sleep hygiene on your own. As with all new habits, it can take a while so make sure you bring these habits in slowly and gradually and once you are doing them all try them for at least 2 weeks practicing them to give them a chance to work.

### The Basics of Good Sleep Hygiene:

1. Maintain a bedtime ritual that involves an hour of wind-down time to relax and induce sleepiness.
2. Avoid exercising within four hours of bedtime.
3. Avoid exposure to bright light (especially the blue light of TV, phone or computer screens) within an hour of bedtime.
4. Create a comfortable, pleasant, quiet sleep environment in your bedroom.
5. Avoid clock-watching, which can cause anxiety. Turn the clock round.
6. Make the cognitive switch from “trying hard to sleep” to “allowing sleep to happen.”
7. Avoid caffeinated food and beverages after noon.
8. Avoid taking medications that contain caffeine when it's near bedtime.
9. Don't eat a meal close to bedtime, and don't snack in the middle of the night.
10. Ease up on alcohol. Alcohol may make falling asleep easier, but it increases tossing and turning in the second half of the night.
11. Don't smoke. Smoking and nicotine withdrawal (from quitting smoking) can both interfere with sleep.
12. Your best bet is to quit smoking.

If you still find that you are having difficulty sleeping after putting all these into practice, then it may be time to seek professional help.