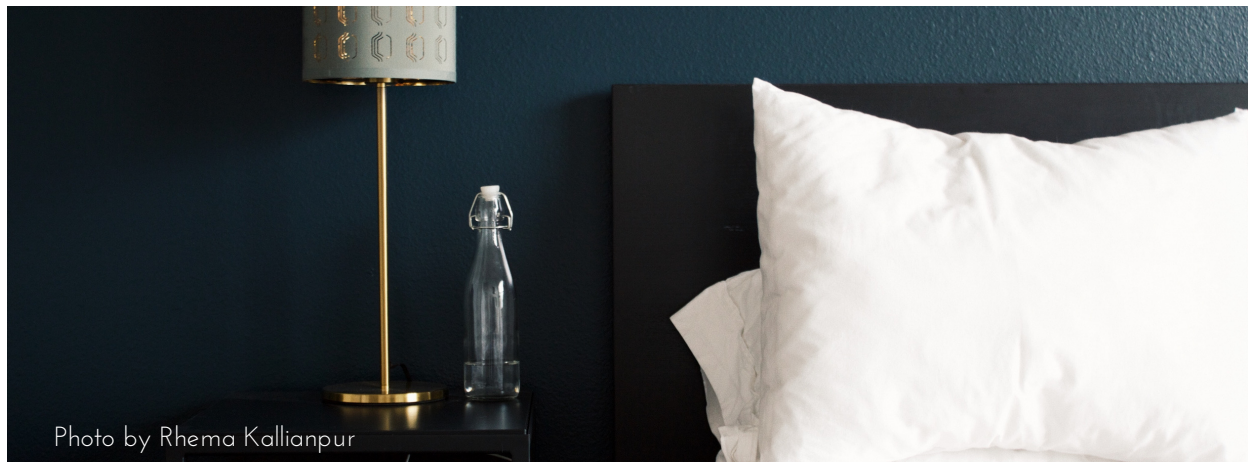


BETTER SLEEP TIP SHEET

Take a minute to visualize yourself blissfully drifting off to sleep before 10 pm. Feel yourself waking the following morning with more energy and enthusiasm.



Early to Bed

We function optimally when we are in sync with the natural downturn in energy from 6 o'clock to 10 o'clock in the evening. Aim to get to bed before 10:00 p.m. to optimize your ability to fall asleep and stay asleep for deep rest and rejuvenation.

Set a Screens Off Time

Begin to create some boundaries around your use of electronics in the evening. This will help you reduce light input, which affects your circadian rhythm. It will also help you reduce stimulation and allow you to enjoy the natural process of becoming sleepy.

Design a Blissful Bedroom

Make your bedroom a sanctuary for blissful sleep by limiting light, stimulating colors and sounds. Consider investing in blackout drapes, an eye mask, ear plugs and even removing electronics.

Be Sweet to Yourself

If you treat yourself sweetly in the evening you'll wake refreshed and energized the following morning. Do quiet, nice things for yourself after dinner. Focus on things you enjoy like art, soft music, a hot shower or a foot massage.