

5 STEPS

To Improve Sleep



1. Control Lighting at Night

- All electronics off 60-90 minutes before bed
- Dim lights in the evening
- Replacing bedside light bulbs with red light bulbs. A great way to increase natural melatonin



2. Optimize Sleep Environment

- Keep your bedroom around 65-68F degrees
- Make it dark- black out curtains, a good eye mask, or an aroma diffuser with some lavender



3. Be Mindful at Dinner

- Try to aim at having dinner finished 2-3 hours before your bedtime
- Avoid heavy, greasy, or sugary foods late.
- No caffeine after 2:00 pm



4. Nervous System Wind-Down

- 10-15 mins of a calming activity: meditation, journal, stretching, deep breathing exercises.
- Try to stay away from work, emails, or any problem-solving activity before bed.



5. Keep a Consistent Sleep Schedule

- Going to bed at same time
- Waking up at same time even on the weekends
- Aim for consistency before chasing more hours

Recommended Sleep Products



Body Health Body Calm

[Body Calm - BodyHealth.com LLC](http://BodyCalm - BodyHealth.com LLC)



Doterra Serenity Stick

<https://link.doterra.com/MEaiKX>



Wishgarden Sleepy Nights & Refreshed Mornings

https://www.wishgardenherbs.com/products/sleepy-nights-fresh-mornings?variant=39497165340847&tw_source=google&tw_adid=&tw_campaign=60426



Mother Earth Ionic Magnesium

o <http://motherearthlabs.com/annamarieburkhart>

Lets Talk About Your Sleep!

If better sleep still feels out of reach, you don't have to navigate it alone.

Personalized support can make all the difference.

To get started, click the link below to fill out a short contact form to learn more about Whole Focus Health.

<https://www.wholefocushealth.com/contact-3>