

TOOLS TO GET TO THE ZZZS

9 Ways to Snooze Well

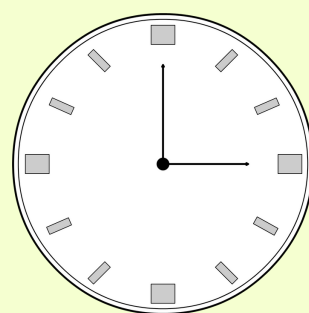


EASE INTO IT

Shut off your light emitting devices, take it easy, relax, etc. an hour before going to sleep.

SAME TIME. EVERY NIGHT.

When you actually go to bed at relatively the same time each night, your body will adapt to this and pretty soon you'll be the "old lady" – the one leaving the party early, because at 10 p.m. your body says: "Hey- we should be asleep in an hour!" :)



EMBRACE THE DARK SIDE.

Dim the lights, and your body will automatically start producing melatonin, the natural sleep medication our bodies produce



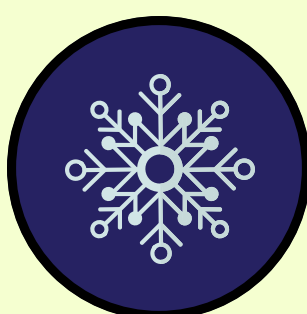
YOU'VE MADE YOUR BED...

Make yours a sanctuary for SLEEPING! Being comfortable is the main thing! Perhaps you can benefit from using one of those fancy eye masks to protect your sleep.



COOL IT DOWN

No, you don't need to take an ice bath or even a cold shower. Turning down the heater or air is the deal.



JUST SAY NO

To anything work-related, like essays and articles you must read, a laptop, anything that physically reminds you of work, should never find its way to your nightstand





STOP EATING ALREADY!

A small snack a few hours before bed is good for you: half a cup of yoghurt, a handful of nuts, a bowl of popcorn, an apple

MEDITATE, PONDER, OR PRAY

Whichever one of these floats your boat, do it. Take a few minutes as you lay your head down to breathe deeply and with concentration.



HAVE YOU TRIED RELAXING MUSIC?



Just search for it on YouTube - many have ocean and nature sounds, some only music, some are geared towards inner peace, positivity, happiness, etc. Woowoo warning: sound waves have been known to even cure some diseases!

Have an amazing night of sleep!



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