

# HABITS FOR EASIER BETTER SLEEP

## 1. Set the Right Temperature

A cooler temperature initiates sleepiness.

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## 2. Set the Mood

Dim the lights 30 minutes before bedtimes, turn off extra noises, lights and distractions. White noise such as a fan or calming instrumental music may be helpful.

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## 3. Essential oils can help

Spritz your pillow, diffuse or rub your neck with diluted soothing essential oils, such as lavender, ylang ylang, roman chamomile, clary sage, sandalwood, geranium, bergamot.

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## 4. Unwind with a not so good book.

Read for 30 minutes, a book that holds your attention, but not enough to not let you put it down, a spiritual or personal development books can be good choices.

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## 5. Skip the late night sugar and simple carbs

Sugary foods spike your blood sugar which boosts your energy. Instead try a little protein with fibre. These foods are most likely to boost your melatonin and help you to fall asleep faster. E.g. half a banana with almond butter; hummus with carrot, cucumber or celery, a small handful of cashew nuts;

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## 6. Keep electronics out of bed.

If you are going to have your phone or tablet in bed with you, make sure it is switched to its night time mode and dimmest lighting and it is only used for reading. Watching TV or reading the news, checking emails or social media should be done in a separate place from sleeping.

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## 7. Avoid caffeine after 12 noon.

Caffeine's effect can last up to 12 hours.

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## 8. Journal before Bed or Write a To Do List for the next day

Sometimes your thoughts can stop you from falling to sleep, whether it was what happened today, or what you may need to do tomorrow. Writing it down can be therapeutic.

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## 9. Workout in the morning.

Working out in the evening, gives you a solid rush of endorphins which feels great, but may be the reason you can't sleep at night.

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## 10. Don't overthink your desire to sleep.

What we resist persists. Don't try to fall asleep, allow your mind to wander, just don't be emotionally caught up in your thoughts. Imagine you're travelling through space to all the wonderful planets, or you are a queen in the 1800s.

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## 11. Include a relaxing herbal tea or natural supplement in your bedtime routine.

60-30 minutes before bed, enjoy a sleepy time herbal tea, such as a blend of passionflower, valerian or chamomile. Homeopathics or bush flower essences can also be helpful.