

# Tips For Deep & Restful Sleep

- ✕ **Regular Sleep-Wake Times:** help regulate your circadian clock aka your hormonal clock that releases specific hormones at specific times each day to help you wake up and be alert as well as wind down for sleep
- ✕ **Morning Sun:** 20 minutes of regular sun exposure first thing in the morning to your eyes (no sunglasses) helps regulate your circadian rhythm
- ✕ **Clear The Clutter:** help your mind feel spacious and peaceful when entering your bedroom rather than a growing to-do list
- ✕ **Avoid Afternoon Caffeine:** Even if you can drink it in the afternoon and fall asleep easily you may not be getting deep and restful sleep
- ✕ **Reduce Alcohol Consumption:** as it leads to interrupted or poor quality of sleep
- ✕ **2 Hour Rule:** Eat no later than 2 hours before bed. Having a meal sit in the stomach will disrupt sleep and the body's overnight detoxification process
- ✕ **Write It Down:** Write your plan for the next day down or anything that is worrying you so your brain can focus on relaxing instead of keeping track and trying to problem solve
- ✕ **Magnesium Bath:** Take a hot liquid magnesium bath to relax your muscles and aid in calming your nervous system. Pair it with the PMR sleep meditation to fully melt.
- ✕ **Get Physical:** Tend to your physical body with a massage, stretching, or sex to relieve tension
- ✕ **Add Soothing Sound:** Spa music, nature sounds, or explore different types of noise (white, brown, pink, etc.)