

HOW TO FALL ASLEEP

Why is sleep so important? It makes you...

HAPPIER

HEALTHIER

SMARTER

BETTER LOOKING

A BETTER PERSON

Enjoy the **LIGHT**



Exercise for **30 minutes**



DURING YOUR DAY

SLEEP DISRUPTORS



Chemical Stimulants



Jet Lag



Daylight Savings Time



An inconsistent sleeping schedule

Take a **NAP**
(but no later than 2pm)

zzz

Don't have caffeine after **5PM**



Avoid the **LIGHT**

Go to the bathroom



NATURAL REMEDIES THAT WORK



Warm Milk



Chamomile or lavender tea + honey



Fruits like bananas and cherries



Cereal



Almonds

Quality sleep needs **DARKNESS**



BEDTIME

Don't **EAT** up to **2 HOURS** before... but don't go to bed hungry

Don't drink **ALCOHOL** ...you'll wake up more

60-66 °F

16-19 °C



Keep it **COOL**

SILENCE is

GOLDEN

Start to **WIND DOWN:**



Read a book



Write down three good things from your day



Meditate

Your bed is **SACRED**
Use it only for sleep & sex

zzz



FALL ASLEEP FASTER

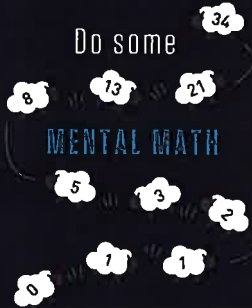
Practice **DEEP**

Take a **WARM** shower



Don't think about **WORDS** or **MUSIC**

Do some **MENTAL MATH**



Practice **PROGRESSIVE MUSCLE RELAXATION**

CHRONOLOGICAL

retrace your day

