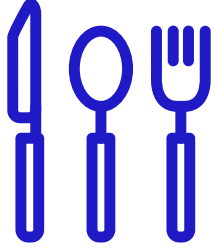


Deep Sleep Tip Sheet



Eat Early & Light

Your body works hard at night to detoxify, cleanse and assimilate the day. By asking the body to work at digesting a heavy dinner you deplete your quality of sleep. Spend a week eating a lighter dinner and finishing eating no later than 7pm.



Set a screen curfew.

The light emitted from your phone, computer screen and TV confuse our bodies into thinking it's daytime. Cortisol will kick in when we want melatonin to be naturally high at night. Set an alarm on your phone to be done with the screen at least 90 minutes before bed.



Listen for signs of fatigue.

It's easy to dismiss signs of fatigue and push through to a "second wind". Watch for your body's signals that it's time for bed. When we ignore the signs (yawning, desire to recline, rubbing eyes) we miss the window for deep rest.



Create a sweet evening rhythm.

From 6-10pm we really want to be "winding down". Make a list of the top 5 ways you might do that, i.e. turn the lights down, massage your feet, diffuse grounding essential oils, put your legs up the wall, journal, practice a mindfulness exercise.



Move in the morning.

Moving your body with your breath before breakfast is helpful for your vital energy and an easeful orientation to the day. It increases cortisol levels and lowers melatonin which is important come evening. If you tend to workout at night, shift your routine to the morning, since you'll have more time by going to bed early.