



# GET YOUR **BEST** *rest*

A FEW TIPS ON GETTING A GOOD NIGHT'S SLEEP FOR A  
HEALTHIER YOU

- 1 Develop a consistent sleep cycle.** Do this by getting to bed at the same time each night and waking up at the same time every morning (or as close as you can). This is a great way to re-balance the body's processes that rely on your circadian rhythm (a.k.a your sleep/wake cycle). **TIP:** *Deeper quality sleep is achieved in the hours before midnight. So the more hours you can get in before the clock strikes 12, the better!*
- 2 Dim the lights.** Limit your light exposure *at least* an hour before and while in bed. This includes the light from mobile phones, TV screens, laptops and artificial lighting, which can confuse the body's natural sleep cycle (which relies on light) and result in a poor night's sleep. Opt for salt lamps or candles as your pre-bedtime lighting. **TIP:** *Utilise the "night mode" options on your laptop & phone after 6pm to block blue light.*
- 3 Wind-down.** Spend your pre-sleep hours mindfully relaxing and reducing intense stimulation. Your body and mind have worked hard for yet another day - it's time to go easy on yourself. Prioritise things like having a calming tea, reading a book, chatting with a friend or partner, stretching, yoga, tai chi, drawing / painting or meditating to let your body know it's time to chill out.
- 4 Be aware of stimulating foods & drink.** Substances like coffee, tea, nicotine from smoking, alcohol [and even chocolate!] can interfere with you getting a restful, good quality sleep. Try cutting off coffee, black/green tea and other caffeinated drinks by 2pm [12pm if you're *really* sensitive].
- 5 Clear your head.** Get your thoughts, worries and ideas out of your head and onto some paper, or even just debrief with a close friend / roommate / partner. This can be a great way to release the stress & stimulation of the day, and let your mind know that you acknowledge everything that it's bringing to your attention, but now it's time to rest. **NOTE:** *Please talk to your naturopath / healthcare practitioner if you're finding it hard to fall asleep due to anxiety or obsessive thoughts.*
- 6 Replenish your body.** Taking a warm / hot bath before bed, or even using a hot foot bath can be wonderful to soothe muscular tension that has built up over the day. Adding essential oils such as lavender, chamomile or jasmine can create a more calming bath, or use magnesium / epsom salts to restore your body's lost minerals that are crucial for muscle relaxation.
- 7 Create a space for rest.** Reserve your bedroom for sleep, meditation & intimacy - and make it comfortable. Ensure it's kept dark in the evenings [use an eye mask if needed], have some gentle airflow or ventilation, use essential oil diffusers to create a calm atmosphere and have plenty of blankets for winter nights [avoid electrical blankets]. Avoid taking work / study / stress into the bedroom, if space allows.