

## 10 Simple Secrets for the Best Night of Sleep Ever!

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- 10. Avoid drinks within 8 hours of bedtime which: make you pee excessively, make your brain fuzzy, keep you super alert (ie. Tea, coffee, alcohol). Stick to water.
- 9. Avoid snacking after dinner sleep deeper with an empty belly. Fasting allows your body to spend more time healing and processing your day.
- 8. <u>Clear clutter</u> in the bedroom. Just DO IT! Regularly clean and clear the space.
- 7. Keep your room <u>cool</u>.
- 6. Keep your room dark.
- 5. Mind dump an hour before bed. No need to organize them now. Just get it all out.
- 4. Technology fast 8 pm 7 am. In fact, charge your phone outside your bedroom.
- 3. Write 5 detailed gratitude items. Deeply feel the joy they bring you.
- 2. Don't forget to <u>breathe!</u> Take deep belly breaths and imagine sinking into your bed.
- 1. <u>Add soothing elements</u>: quiet music, lower lights, diffuse pure, therapeutic grade essential oils, wear loose comfortable clothing, and scant decor to set a calm mood.

## Joy List

List all of the activities and things which bring you joy. They can be lavish or inexpensive. Once you have a full list, put items on your daily to do list! Engaging in joy filled activities will raise your vibration and increase your energy economy. More energy for you benefits everyone in your life!



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