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

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. Clear clutter in the bedroom. Just DO IT! Regularly clean and clear the space.
7. Keep your room cool.
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 breathe! Take deep belly breaths and imagine sinking into your bed.
1. Add soothing elements: quiet music, lower lights, diffuse pure, therapeutic grade essential oils, wear loose comfortable clothing, and scented decor to set a calm mood.

