

28 Tips For Better Sleep

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1. Stop using all technology 1 hour before bed.
2. No caffeine after 3pm.
3. No sugar after 4pm.
4. Sleep only 1 hour longer during the weekend than your latest weekday wake-up time so you are in a routine.
5. Practice “earthing/grounding” at dusk, ideally, but do it anytime - at dusk resets the circadian rhythm.
6. Put an “earthing/grounding” sheet on your bed and ground while you are sleeping. Boosts the immune system too.
7. Sleep in complete darkness as much as possible. Eliminate all light or wear an eye mask.
8. Keep the temperature no higher than 70 degrees and ideally 60-68.
9. Eliminate electric devices and electromagnetic fields (EMFs) in the bedroom – this can disrupt the pineal gland’s production of melatonin and serotonin.
10. If your cell phone must be in the bedroom, turn it off or put it in airplane mode.
11. Reserve your bedroom for sleeping. If you watch TV in the bedroom that might make it harder to fall asleep.
12. Go to bed ideally between 9-10pm. The adrenal system recharges between 11pm and 1am. Also, the gall bladder dumps toxins at this time. If you’re awake, the toxins back up into the liver which causes more problems. Also, the hours of sleep from 10-12pm are worth more to your health than the hours after midnight.
13. Use essential oils topically and in a diffuser on your nightstand. Do the same thing every night to establish a routine. Message me for which oils are best at night.
14. Practice meditation and deep breathing before bed.
15. Take a detox bath with 2-4 cups each of Epsom salts, baking soda and hydrogen peroxide.

16. Avoid fluids 2 hours before bed and go to the bathroom right before bed.
17. Avoid eating 3 hours before bed especially sugar and grains which will raise blood sugar and then a few hours later when blood sugar drops, that can wake you as well.
18. Avoid alcohol.
19. Exercise Regularly.
20. Lose excess weight.
21. Have your adrenal and hormone levels checked by a natural medicine doctor.
22. Get 8 hours of sleep nightly.
23. Get in the sunlight (an hour a day would be good) to promote healthy melatonin during the day.
24. Boost your melatonin. Melatonin decreases with age. Take a melatonin supplement. I take one every evening that is combined with powerful immune boosting ingredients. Let me know if you want information on it.
25. Look into taking a 5HTP supplement. Ideally, have your neurohormones tested to see if your serotonin is low – 5HTP converts into serotonin and then melatonin. If you struggle with depression, it is very possible your serotonin levels are low.
26. Take steps to manage stress – Let me know if you want the document on “22 Tips to Manage Stress” and watch my video series on this subject on my Youtube Channel or on my Facebook Personal Profile.
27. Make sure bedding is made from natural fibers like cotton, linen, bamboo, etc.
28. To prevent snoring:
 - Sleep on your side
 - Don't drink alcohol at all or after 5pm
 - Message me for which essential oils to rub on the bottom of feet to prevent snoring.

Sources:

Trinity School of Natural Health

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