TIPS FOR A BETTER NIGHT'S SLEEP

GET YOUR BODY READY
while the sun is still up.

- Wake up and go to bed at the same time every day, including on weekends. Being consistent reinforces your body’s sleep-wake cycle.
- Get some exercise—as little as 20–30 minutes helps. Timing is important, though. Don’t exercise too close to bedtime, or you might be too energized to fall asleep.
- Remind your body to get ready for sleep by practicing a routine before you go to bed.
- Spend more time outside during daylight.
- Do the same things each night to tell your body it’s time to wind down.
- Apply Stress Away™ Roll-On to wrists, temples, or back of neck to enjoy its relaxing scent.
- If you need a little pick-me-up after or instead of napping, try drinking NingXia Nitro™.
- Get some exercise as little as 20–30 minutes helps. Timing is important, though. Don’t exercise too close to bedtime, or you might be too energized to fall asleep.
- Keep your room cool, dark, and quiet.
- If you don’t fall asleep within about 15 minutes, get up and do something to help you unwind, such as reading a book, writing in a journal, or listening to soft music. Go back to bed when you’re tired. Lying in bed and fixating on sleeplessness can make you tense, making it even more difficult to sleep.
- Make your room ideal for sleeping:
  - Keep it cool, dark, and quiet.
  - Get a comfortable mattress, pillow, and sheets.
  - Make a homemade linen spray by combining water and a few drops of your favorite relaxing essential oil in a glass spray bottle. Shake and spritz over your sheets.
  - Spend more time outside during daylight.

CREATE A
comfortable environment

- If you’re hungry later in the evening, go for a healthy snack such as SleepEssence™ Bars or Wolfberry Crisp™ instead of a dessert or big meal.
- Avoid electronic screens for an hour before bed.
- If you're hungry late in the evening, go for a satisfying snack such as Slique™ Bars or Wolfberry Crisp™ instead of a dessert or big meal.
- Take a warm bath or shower. Add 1–2 drops of Lavender or Angelica to bath water.
- Avoid electronic screens for an hour before bed.
- Take StressAssist™ or Peaceful Pets™ for a restful night’s sleep.

FOLLOW A
before-bed ROUTINE.

- Take StressAssist™ 30–60 minutes before bed. StressAssist combines Lavender, Vetiver, Ruta, and Valerian essential oils with melatonin for relief from occasional sleeplessness*.
- Take a warm bath or shower. Add 1–2 drops of Lavender or Angelica to bath water.
- Avoid electronic screens for an hour before bed.
- Take a warm bath or shower. Add 1–2 drops of Lavender or Angelica to bath water.
- Spend more time outside during daylight.
- If you’re hungry later in the evening, go for a healthy snack such as SleepEssence™ Bars or Wolfberry Crisp™ instead of a dessert or big meal.
- Avoid electronic screens for an hour before bed.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Sources
http://www.mayoclinic.org/healthy-living/adult-health/in-depth/sleep/art-20048379
http://www.helpguide.org/articles/sleep/how-to-sleep-better.htm

SHARING TIPS?

Do you have a daily routine that makes getting to sleep a breeze? Share your secret in the comments below!

SHARE YOUR SECRET IN THE COMMENTS BELOW!