

## **SLEEP**

Pick your bed time and stick to it

Stop caffeine by 2pm

Exercise daily 4 hours before bed

Get at least 15 minutes of outside sunlight and exercise each morning

No screens 1 hour before sleep

### **BEDTIME ROUTINE**

- 30 minutes before bed: first 10 minutes prep for next day, next 10 minutes, personal hygiene, next 10 minutes meditation or pranayama
- Have a bedtime snack of 75% carbs and 25% protein (yogurt and nuts, cheese and crackers)
- And drink this banana water before bed: Recipe: Organic banana wash the skin, cut off the tip and stem and cut in half, put in pot and add 4 cups of water then boil for 5 minutes and drink that water (keep it in fridge)
- Take a combination of valerian and hops
- Drink a cup of chamomile tea
- Make sure the bedroom is totally dark
- Use ear plugs, sound machine and the calm app with bed time stories and meditations
- Turn on an aromatherapy diffuser with either lavender, vanilla, yang yang, or jasmine
- Keep notepad and pen near bed to write down ideas that come to you
- Keep the bedroom cool

### **DAILY HABITS WHICH PROMOTE SLEEP**

- Drink pink grapefruit juice in morning
- Eat 2 selenium nuts
- Take Vitamin C
- Eat avocados, broccoli, asparagus, dairy, almonds, tahini, nuts, parmesan cheese
- For dinner have dark leafy vegetables, beans and lentils
- Don't nap for more than 25 minutes during the day (best time is 1-3pm)
- Drink water first thing in morning
- Drink coffee 90 minutes after getting up