

## How to get a good night's sleep?!

1. Go to bed and get up at same time every night.  
Set alarm to wake up at same time even if you fell asleep late. This will reset your body clock.
2. Go to bed by 10pm (Your sleep cycles allow for a more rested feeling if in bed prior to 10)
3. One hour before bed turn off all electronics (blue light devices) they interfere with sleep.
4. Develop a “bed-time” ritual, like reading Psalms, cup of tea, bath etc.... so your body knows it's time to wind down.
5. Have room cool and dark, wear comfortable nightwear and have comfortable linens/pillows.
6. Invest in a good mattress or foam topper for whatever level of comfort you need.
7. Invest in a “white noise” machine/fan and or earplugs if there are outside noises that keep you up.

### Other:

Diffuse essential oils like lavender in room and others that help with sleep/relaxation

Take a natural melatonin if needed from time to time