

How to get a good night's sleep?!

1. Go to bed at same time every night, rise at same time daily.
*Set alarm to wake up at same time even if you fell asleep late.
This will reset your body clock in a couple of weeks!*
2. Go to bed by 10pm (get in bed earlier if possible to read!)
(Your sleep cycles allow for a more rested feeling if in bed prior to 10pm.)
3. One hour before bed turn off all electronics
(blue light devices) interfere with sleep cycles.
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!

Note: See the sleep scriptures document on www.lifefamilychurch.net
to read/confess before bed! (Read to/with your kids!)