“5 WAYS TO BETTER SLEEP”

The next time you are having trouble sleeping, try our expert natural tips for getting past your insomnia.

1. **STICK TO A SLEEP SCHEDULE**.

Set aside no more than eight hour for sleep. The recommendation amount of sleep for a healthy adult is at least 7 hours. Being consistent reinforces your body’s sleep wake cycle.

1. **PAY ATTENTION TO WHAT YOU EAT AND DRINK.**

Don’t go to bed hungry or stuffed. In particular, avoid heavy and large meals within a couple of hour of bedtime.



1. **MANAGE WORRIES.**

Try to resolve your worries or concerned before bedtime. Jot down what’s on your mind and then set it aside for tomorrow.

1. **SQUEEZE AND RELAX.**

Relaxing all your muscles can prepare your body for sleep.

“Take a deep, slow breath and lay on your back at the same time squeeze your toes tightly as if you are trying to curl them under foot, then release the squeeze”.

1. **EMPTY YOUR BLADDER.**

Avoid drinking fluids 2 hour before bedtime and use the double voiding technique,

“This means emptying your bladder twice by urinating a second time 10 to 15 min. after the 1st time”.

“LAST BUT NOT THE LEAST”

If you are still having trouble sleeping:-

Don’t hesitate to speak with your doctor or sleep professional.

**“3 MEALS PLUS BEDTIME MAKE 4 SURE BLESSING EACH DAY”**