

My REST Rx

Rest Rx Rating: **GOOD**

Step 1 - Habits (Tips #2, #3, #5)

Step 2 - Hygiene (Tips #1, #4)

Step 3 - Hormones *(not needed at this time)*

My RESToration Plan

#1 Establish and maintain a consistent sleep schedule

#2 Stay active during the day

#3 Choose 1 day a week (full 24 hrs) to engage in REST *(no deadlines, scheduled appointments, enjoy being with family or friends, take a walk, read, etc.)*

Quality Rest Tips

#1: Keep room cool, dark, quiet. Use ear buds or white noise, black out drapes and cool sheets. Unplug all devices/all screens

#2: **Establish** a predictable sleep schedule. (10:00 pm - 6:00 am) is optimal for most people. *(The liver detox time is 1:00-3:00 am)*

#3: **Avoid stimulants** *(caffeine, strenuous exercise, desserts)* 2-3 hours before bedtime

#4: **Try Epsom salt bath or foot soak or magnesium warm drink before bed** *(Natural Calm dissolved in warm water)*

#5: **Eat a small protein snack** *(boiled egg, spoonful nut butter, small piece of chicken, almonds)* 30 minutes before bed *(helps to keep blood sugar stable during the night)*