

My REST Rx

Rest Rx Rating: **FAIR**

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

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

Step 3 - Hormones (My Restoration Plan)

My RESToration Plan

Try these strategies as Factors occasionally affect your quality and quantity of sleep

#1 Factor: Trouble Getting to sleep

(Try Tip #4, Brain dump (write everything down), Try Support Minerals supplement blend)

#2 Factor: Trouble Staying asleep

(Try Tip #5, 50-150 mg of 5 HTP as needed)

#3 Factor: Waking up tired or not refreshed

(Try Tip #2, Try Adrenal Adaptogen like ADHS)

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)*