

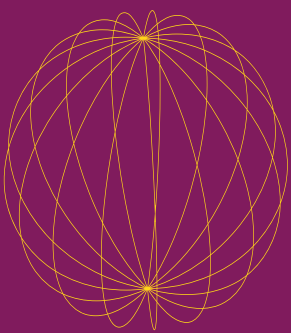
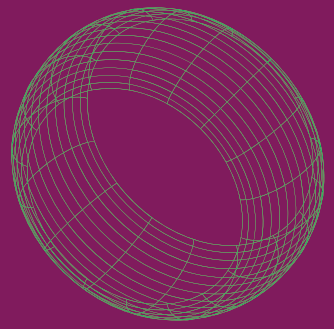
WORLD SLEEP DAY 2022



Healthy practices to help you get a good night's rest

ONE

STOP SCROLLING - YES YOU! We all do it - spend too much time on our phones. So put your phone down at least an hour or two before hitting the sack!

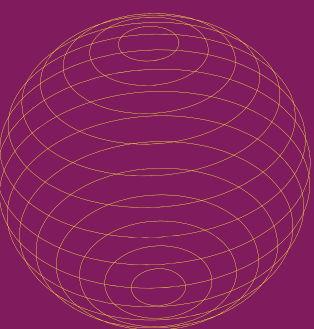
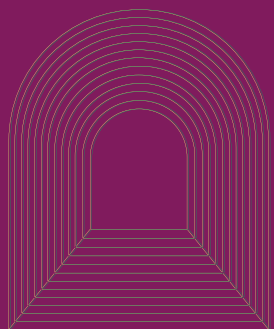


TWO

Clean and fresh bedding. Is there anything better?

THREE

If noise disturbances are an issue invest in a sound machine. Drift off listening to the sound of waves, rain or whatever takes your fancy.



FOUR

Melatonin or CBD drops if you struggle to get off to sleep and stay asleep.

FIVE

Lavender. Everywhere! Massage creams onto your face and neck, spray it on your pillow and put some into a humidifier. Not only will your bedroom smell amazing but it will calm your thoughts and help you relax.



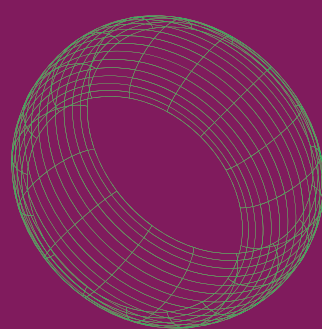
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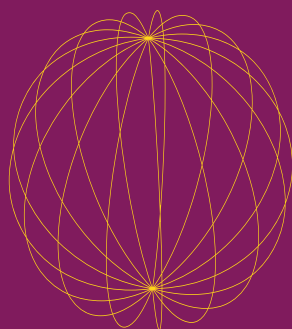
SIX

Guided meditations can be a big help. The Calm App is brilliant and lot's of free videos can be found online too.



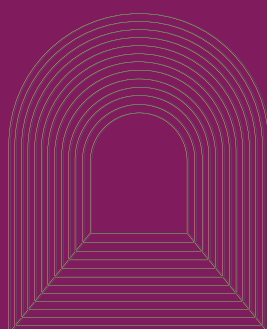
SEVEN

Listen to soothing music; even lullabies can work wonders.



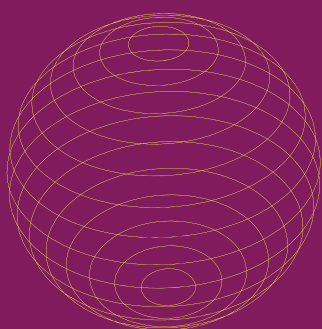
EIGHT

Get a good bedtime routine and try and go to bed at the same time every night.



NINE

Make sure you are not too hot or too cold. Layering is best so you can add or remove depending on the time of year.



TEN

BREATHE. Learning breathwork is so powerful and instantly calms the body & mind before sleeping.

