

EASY WAYS TO
GET

Better Sleep.

Thanks to neurological studies, sleep as a biological process is very well understood. We know the effects and benefits of getting a good night's rest, but do we all actually get adequate sleep every night? If you don't, here is how you can.

01

Stick to a Schedule

It takes three weeks to create a habit. By going to bed around the same time every night, your body will fall into the habit of preparing for sleep when you need it.



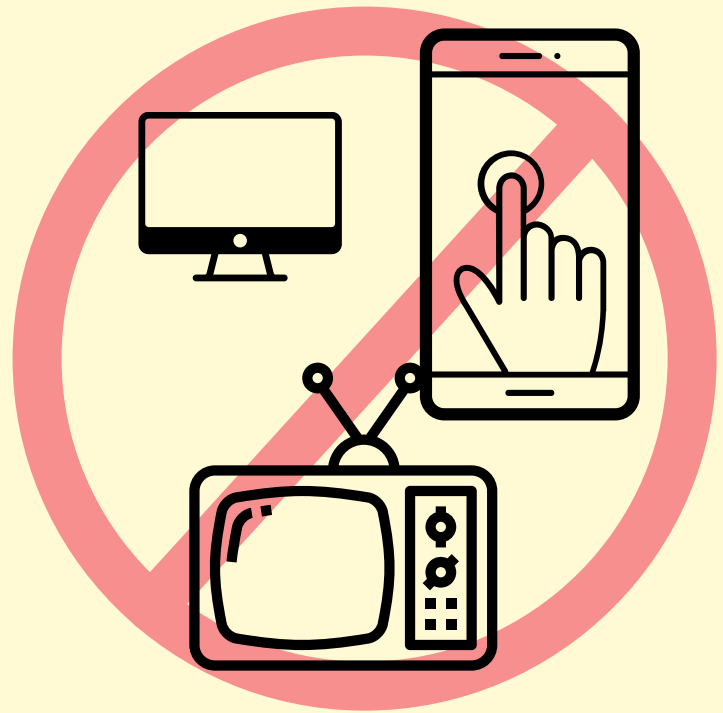
02

Unwind

Read a book, lay on the floor and stretch, walk, talk, pet the cat, do anything that relaxes your body and disconnects you from the bustle of the day.

03 *Unplug*

Avoid screens at all costs. Harsh lights are for the daytime. They should be turned off when it is time for bed.



04

Cool, Dark, Environment

A cool, dark, environment allows the body to sleep deeper and undisturbed.

05

Breathe

When in bed, remember to breathe deeply to bring awareness to your body. Focus on your breath as you fall asleep.

