

# SLEEP WELL

Getting on a personalized nutrition protocol will get to the root cause of your sleep issues! Here are some tips to get you sleeping well.

1

## KEEP A ROUTINE

Creating a bed time routine will help you relax and wind down to get ready for bed, while a morning routine will help you wake up. We are creatures of habit and do best when s sleep schedule is consistent. Wake up and go to bed at the same time every day.

2

## CREATE A SLEEP SANCTUARY

Create a space that your brain associates with sleep. If you use your bedroom to watch TV, you will subconsciously associate the space with entertainment, making it harder to relax for sleep.

3

## LIMIT SCREEN TIME BEFORE BED

Stay away from screens for two hours before bed, if possible. Blue light from screens decrease melatonin production, making it harder to fall asleep. Wear blue light blockers if you are exposed to screens during this time.

4

## SLEEP IN A DARK, COLD BEDROOM

Get a deeper sleep by keeping your bedroom as dark as possible and a cool temperature.

5

## AVOID BIG MEALS BEFORE BED

Eating big meals before bed can cause disrupted sleep. Small snacks are better. Stick to protein and fats and avoid sugar and processed foods.

6

## AROMATHERAPY

Diffuse calming essential oils to promote relaxation and better sleep. Try lavender, vanilla, rose, geranium, jasmine, bergamot, sandalwood, or a blend of these.

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## NUTRITION AND SLEEP

Nutrition is the most important factor when trying to improve your sleep. Get rid of foods that are impairing your sleep and incorporate sleep promoting foods.

### Ditch these

- Sugar
- Processed foods
- Processed/junky wheats and grains

### Eat these

- Salmon, sardines, anchovies,
- Leafy greens, broccoli, etc
- Nuts (almonds, cashews, brazil nuts)
- Avocados

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## SUPPLEMENTATION

Ask your practitioner to test supplements that aid in sleep, such as magnesium, calcium, and minerals.

