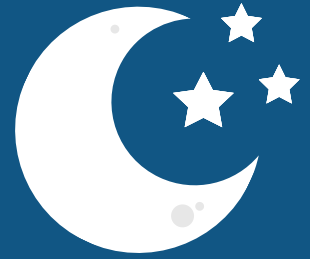


SLEEP BASICS



Feeling sleepy?

You're not alone. research suggests most of us are getting at least one hour too little sleep every night, creating a sleep deficit and effects including irritability, increased hunger for junk food and poor decision making. A good night's sleep can change your day. a good sleep routine can change your lifetime.

TIPS FOR BETTER SLEEP

1. If you have disrupted sleep, get serious about fixing it.
2. Wake up early enough to get 20 minutes of blue dawn light.
3. Force consistency into your wake-up time – never sleep in.
4. Get out in bright daylight for at least 20 minutes a day.
5. Take some exercise every day.
6. Remove screens and electronic devices an hour before sleep.
7. Build a 90 minute cool-down into your evening: read, talk, intimacy.
8. Make your bedroom cool (<18°C), dark and quiet.
9. Use earplugs and eye mask if needed.
10. When you feel tiredness, go straight to bed.
11. Take the time to relax body, heart and mind before sleep.
12. Breathe slowly from the diaphragm to help calm yourself.
13. If you need to get up in the night, avoid turning on bright lights.



FOR MORE INFORMATION, VIEW THE GROW
VIDEO SERIES, EPISODES 2 THROUGH 6