



A Good Night's Sleep

To ensure a good night's sleep develop a daily routine keeping to the same schedule everyday. Your body will adapt and help you fall and stay asleep. Also, by coordinating your body rhythm with the universe will help. The moon and sun create strong magnetic pulses that aid our sleeping when it is dark our bodies naturally want to sleep.

Here are some tips:

- Go to bed by 10 pm to follow the rhythm of the sunset.
- Stay in bed 7-9 hours even if you have not slept, you can always take a short nap to recharge later in the day.
- Avoid or eliminate blue light electronics for at least 2 hours before going to bed and avoid TV for an hour before bed and keep electronics including a TV out of the bedroom. Try reading a book or meditating or any mind quieting activity.
- Only sleep or have intercourse in your bedroom creates a space designed to sleep. Read, watch TV, etc.... in another room.
- Allow 3 hours for digestion after a meal, exercise or alcohol and avoid caffeine and sugary foods in the evening.
- Unable to fall a sleep after 20 minutes try the following:
 - Never become frustrated with yourself for not falling a sleep. Accept that you are awake, get out of bed and do something relaxing like reading a book (remember no blue light) or mindless activity such as folding clothes.
 - Set your intention prior to bed, I am going to fall into a peaceful sleep nourishing and recharging my body.
 - Tell yourself how good it feels to be in your bed, how comfortable the pillow and mattress feels to you. Try spraying an essential oil of lavender on your pillows.
 - Try walking 20-30 minutes per day as part of your plan.

Once you create a pattern and it may take a couple of weeks, your mind will become clearer and you may notice a more loving caring attitude toward yourself and others.