

Better Sleep



Step 1: Limit Your Stimulants



Try to limit light exposure, caffeine, device use and stress leading up to bedtime as this can increase Cortisol the stress hormone

Step 2: Relax Your Mind & Body



Meditation, listening to relaxing music, reading or taking a warm bath can help you to relax and increase melatonin the sleep hormone

Step 3: Facilitate Sleep



Stay hydrated, invest in a comfortable bed, set a regular routine and give yourself enough time to achieve a good nights sleep