



4 Keys to a Great Night's Sleep

Sleep, glorious sleep. We all want it and know its importance, but many of us suffer because we don't get enough of the good quality kind every night. Before you resign yourself to another restless night and a less-than-productive day, try the tips below! They are all part of ThriveDesign and include our Four Keys of health in Premiere Wellness: **Eat Elite, Move More, Live Wisely, and Love Divinely.**



Light Protein Snack

Sleep more soundly as you get the amino acid building blocks needed for sleep hormones. Nuts and lean meats are good choices if you tolerate them.



Avoid Sugar and Alcohol

High levels of either can destabilize blood sugar levels and wake you in the middle of the night. Too much caffeine is also a no-no.



Avoid Heavy, Greasy Meals

Add very spicy foods as well since all can lead to indigestion. Plus, who wants to repeat tacos all night?

a great night's sleep

It's all about consistency. Trying any of these for a few days and then abandoning them won't give you the quality sleep you're searching for. Love yourself enough to commit to a few new ones for at least a month.



Move

Be active throughout your day, but avoid strenuous exercise right before bed.



Gentle Yoga/Stretching

Done before bed, this can work out kinks and relieve tension.



Have a Regular Schedule

Erratic sleep times—early one night, late the next—wreak havoc with your circadian rhythm.



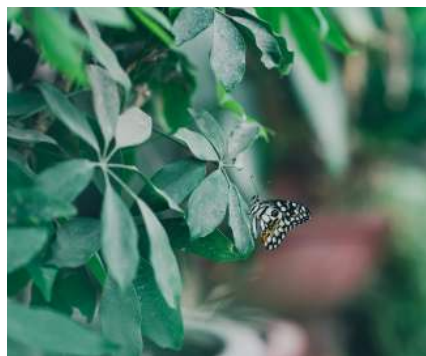
Limit Screen Time

TV, phones, computers should be off at least 30 minutes to an hour before bed. If you absolutely can't, use blue-blocking glasses.



Aromatherapy

Lavender, chamomile, and clary sage are great for restful sleep. Try them in a warm bath with Epson salts.



Night-Time Playlist

Now is not the time for heavy metal. Quiet, relaxing music, nature sounds, or delta waves are wonderful choices.



Share your blessings

Get in touch with your Higher Power. This alone will lower your stress response and allow you to sleep more soundly



Journal

Spend at least 5 minutes journaling your day, focusing on the good and what you're grateful for including family, friends, and other loved ones.



Supplements if Necessary

Low doses of melatonin ($\frac{1}{2}$ -1 mg) before bed, magnesium glycinate or threonate, and tryptophan are well known and effective compounds.

When simple solutions aren't enough, it may be time for a different approach.

Connect with us for a Thrive Breakthrough Call or join our FB group, BOSS Women Wellness



"Let her sleep, for when she wakes, she will shake the world!"

~Napoleon Bonaparte