

Strategies For Better Sleep

WHAT TO DO TO SLEEP BETTER FAST!

5 quick, easy and no-cost strategies to improve your sleep and wake up feeling rested and refreshed!

STRATEGY 01

Set A Fixed Sleep Schedule

Find a schedule that works for you and then it's important to stick with it!

Your body's internal clock will thank you for being consistent!



STRATEGY 02

Avoid Alcohol

In the later stages sleep alcohol disrupts your sleep.

Skip the alcohol to sleep better and wake up refreshed.



STRATEGY 03

Get Some Exercise

Just 30 minutes of moderate exercise can help you sleep better.

It can help increase your deep sleep and allow you to fall asleep faster.



STRATEGY 04

Turn Off Devices

They are addictive by design and you're delaying the time you will get to sleep.

By turning off your devices, you are signaling your brain that it's time for rest.



STRATEGY 05

Exposure To Sunlight

Sunlight is the main signal to our body so we know when it's time to wake up and time to sleep.

Sunlight helps our bodies maintain this natural rhythm and keep our internal clocks set correctly.

