

the snooze ROUTINE

TIPS FOR A BETTER NIGHT'S SLEEP

GET YOUR BODY READY *while the sun is still up.*



Wake up and go to bed at the same time every day, including on weekends. Being consistent reinforces your body's sleep-wake cycle.

Apply Stress Away™ Roll-On to wrists, temples, or back of neck to enjoy its relaxing scent.



Spend more time outside during daylight.

Get some exercise—as little as 20–30 minutes helps. Timing is important, though. Don't exercise too close to bedtime, or you might be too energized to fall asleep.

Remain calm throughout the day.

Don't take long naps. Limit them to 15–20 minutes in the midafternoon.



If you need a little pick-me-up after or instead of napping, try drinking NingXia Nitro™.



FOLLOW A *before-bed* ROUTINE.

Do the same things each night to tell your body it's time to wind down. Train yourself to associate certain restful activities with sleep. Here are some ideas:



Take SleepEssence™ 30–60 minutes before bed. SleepEssence combines Lavender, Vetiver, Ruta, and Valerian essential oils with melatonin for relief from occasional sleeplessness*.



Take a warm bath or shower. Add 1–2 drops of Lavender or Angelica to bath water.

If you're hungry later in the evening, go for a satisfying snack such as Slique™ Bars or Wolfberry Crisp™ instead of eating a dessert or big meal.

Avoid electronic screens for an hour before bed.



CREATE A *comfortable environment*

Make your room ideal for sleeping:

Keep it cool, dark, and quiet.



Get a comfortable mattress, pillow, and sheets.

If you don't fall asleep within about 15 minutes, get up and do something to help you unwind, such as reading a book, writing in a journal, or listening to soft music. Go back to bed when you're tired. Lying in bed and fixating on sleeplessness can make you tense, making it even more difficult to sleep.



Make a homemade linen spray by combining water and a few drops of your favorite relaxing essential oil in a glass spray bottle. Shake and spritz over your sheets.

Do you have a daily routine that makes getting to sleep a breeze?

SHARE YOUR SECRET IN THE COMMENTS BELOW!

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Sources

<http://www.mayoclinic.org/healthy-living/adult-health/in-depth/sleep/art-20048379>

<http://www.helpguide.org/articles/sleep/how-to-sleep-better.htm>