



NEAL'S YARD REMEDIES



5 WAYS TO HELP YOU SLEEP BEAUTIFULLY

1 SWITCH OFF

The urge to check in last thing at night is hard to fight, but resist and you should sleep sounder for it. Research has shown that using a smart device before bed can disrupt the body's production of melatonin, negatively affecting sleep. Try unplugging a couple of hours before bed, or better still, for a full 24 hours for a mini digital detox.

2 UNWIND WITH LAVENDER

Lavender is an excellent way of helping you to relax at bedtime. Either pop a few drops of essential oil onto a tissue or your pillow, or unwind in a warm bath infused with a herbal infusion or lavender bath salts, a timeless favourite for good reason. A weekly aromatherapy massage has been shown to really help too.

3 WAKE UP BEAUTIFUL

A warm bath before bed will help you unwind. For a truly pampering experience, smooth on our Beauty Sleep Body Butter afterwards and cocoon your skin in its dreamy scent. You'll wake to nourished, silky-smooth skin. Applying a little Beauty Sleep Concentrate to your face helps support your skin's natural night-time regeneration, while also helping to reduce the appearance of fine lines and wrinkles. Sweet dreams.

4 EXERCISE

Physical activity can help boost a good night's sleep – but only if it's the right kind of exercise. Walking, cycling, gardening, aerobics, yoga/Pilates, even weight-lifting, have all been shown to help improve sleep. However, while physically demanding, housework and childcare don't help. This may be because they involve focussing on other people and things, while the other activities all allow you to 'let go'.

5 TRY THE 4-7-8 TECHNIQUE

Breathe in through your nose for a count of four. Hold for a count of seven. Breathe out through your mouth for a count of eight. Repeat three times.