



# HOW TO OPTIMIZE Sleep

Quality sleep: you may think of it as a luxury, but it is actually a necessity! It is crucial for cellular & liver detoxification, brain glymphatic cleansing, memory consolidation, digestive rest, stress management, and hormone regulation (which contributes to unhealthy weight gain when unbalanced). Prioritizing sleep is one of the most beneficial (and enjoyable) ways to support your overall health!

## SUPPLEMENTS

- Lavender
- Chamomile
- Valerian
- Hops
- Poppy
- Magnesium glycinate
- Melatonin
- L-tryptophan or 5-HTP
- L-theanine
- GABA

*A comfortable mattress & bedding can go a long way in improving sleep.*



## SLEEP SUPPORT TIPS

### MAKE BED SACRED

- *for only sleep & sex (not eating, scrolling, working)*

### MAKE BEDROOM DARK AS POSSIBLE

- *invest in blackout curtains*
- *unplug devices with lights*

### REDUCE STIMULATING SCREENS

- *blue light destroys melatonin (sleep hormone) up to 2 hours before bed*
- *wear blue light blocking glasses*
- *turn on blue light filter in device settings*
- *put devices in airplane mode when sleeping*

### GET BRIGHT MORNING SUNLIGHT

- *syncs your circadian rhythm*
- *gives energy during the day*
- *helps sleep at night*

### MOVE YOUR BODY

- *movement during the day benefits sleep at night*

### FINISH EATING 2 HR BEFORE BED

- *a big meal can keep you awake*
- *support overnight blood sugar with protein, healthy fat, and complex carbs at dinner*
- *if you need a bedtime snack, choose protein & complex carbs*