



10 Tips for Better Sleep

- 1) Get **regular exposure to daylight** especially in the afternoon. (Research shows that night shift workers can improve daytime sleep by working under bright lights.)
- 2) Prior to bedtime use **dimmer switches**, turn off a few lamps, or lower the lighting in your home or apartment.
- 3) **Don't fall asleep on the couch** in front of the TV. When you start feeling drowsy, get up and go to bed.
- 4) Use the **bedroom only for sleep and lovemaking**. Don't make it into an office, study hall or entertainment center. Your bedroom is your sanctuary makes it a place of peace, love and serenity. Use soft light, soft music; make sure it's nice and tidy.
- 5) **Meditate**, or use visualizations to help induce you into a relaxed state. For those who never tried either of them, I recommend to buy a CD that has guided meditations or visualizations exercises.
- 6) Get your beloved **pets off the bed please!** In a study conducted in California, half the people surveyed had their sleep disturbed by pets.
- 7) Sleep specialists recommend **lying on your back or side** not on the stomach.
- 8) Burning essential oils like **Lavender, Jasmine, Chamomile** and **Sandalwood** I find very helpful. Using Herbal Teas internally I find can be helpful too. A favorite of mine is - **Lavender with Chamomile and Roiboos Tea**.
- 9) **Regular exercise** helps with weight issues, improve resistance to fight colds and infections, lower risk of Cancer and Heart disease and sleep.
- 10) Regular **Shiatsu Therapy** has been proven to improve sleep especially stress related.