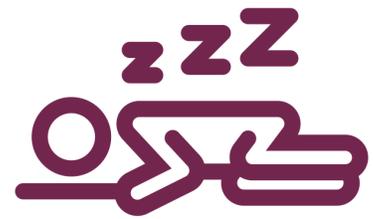


7 Secrets for Sweet Sleep

tip sheet by Annie Barrett



- **Get up early and get sunlight.** A good night's sleep begins the moment you wake up in the morning. Get direct sunlight outside daily for at least 30 minutes so that your body aligns to the solar clock and your daytime and nighttime hormones (cortisol and melatonin) get regulated.
- **Move your body daily.** Studies show that daily exercise can make for a radical improvement in sleep quality. Get your body moving in the first part of the day, preferably outside, even if you also plan to exercise later in the day.
- **Go easy (or cut out) stimulants and alcohol.** Caffeine is a powerful stimulant and will stay in your system for 5-8 hours causing your body to produce anti-sleep hormones: adrenaline and cortisol. Alcohol may help you fall asleep, but can negatively influence sleep quality, especially for women.
- **Eat an earlier, lighter dinner.** This way the food digests before you go to sleep. You will sleep better and wake up feeling lighter and more energetic.
- **Avoid screen time before bed.** The blue light emitted from your computer, tablet, TV and devices causes your body to create more daytime hormones like cortisol that keep you awake! Get off the screen 90 minutes before bed.
- **Create an easeful evening ritual.** Wind down with the sun. Engage in relaxing activities before bed. For restful sleep, read something inspiring, keep a gratitude journal, meditate, take a bath or give yourself a foot massage.
- **Make your room a haven for sleep. Lights out by 10 PM.** Don't bring your work into your bedroom. Get to bed by 10 PM. The time between 10 PM and 2 AM give you the most rejuvenative power from your sleep.

Night waking? Learn deep breathing, meditation or yoga nidra practices.

Annie Barrett is an educator, yoga teacher and health coach and mother dedicated to vibrant and soulful living. She has been helping people up-level their lives since 2000. Her classes and courses, based on yoga and Ayurveda, assist individuals in developing daily habits for health and happiness.



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