

Sleep Tips

- Black out the room- blackout curtains, cover digital lights
- Choose ideal temperature for you
- Ideal blanket or sheet weight
- Fragrance free linens
- Eye mask
- Lavender in diffuser and/or as a roll-on bottom of feet
- Frankincense on top of head (pineal gland)
- Set a good sound tone on alarm for desired wake time
- Water ready by bedside
- Magnesium/Epsom salt bath or cream before bed
- Slowly turn all sound down to quiet before bed
- Breath work (deep breathing), stretching, massage, arms/legs
- Read or listen to meditate, choose soft sounds or scripture
- Journal what's good or grateful for in the day
- Listen to free calm frequency sounds or AO harmonics
- Grounding during the day helps reset circadian rhythm
- Prayer