



*I need some
sleep!...
Rethink your
sleep hygiene
habits*





FIND A NEW BEDTIME ROUTINE THAT DOESN'T INVOLVE TECHNOLOGY, EXPLORE WHAT WORKS FOR YOU.



GET UP AND GO TO BED AT THE SAME TIME EACH DAY. GET TO KNOW YOUR OWN UNIQUE CYCADIAN RHYTHMS.



DRINK ALTERNATIVES TO CAFFEINE AFTER MIDDAY.

TAKE SOME DAILY EXERCISE AND SPEND TIME IN NATURE.





DIGITAL DETOX - FIND ALTERNATIVE ROUTINES TO USING TECHNOLOGY AT LEAST TWO HOURS BEFORE YOUR BEDTIME TO AVOID BLUE LIGHT.

ENSURE THAT YOUR BEDROOM IS WELL AIRED DURING THE DAY AND JUST THE RIGHT TEMPERATURE, 16 - 18 DEGREES IS BEST FOR GOOD SLEEP.



EXPLORE YOGA NIDRA, MEDITATION, RELAXING BATHS WITH MAGNESIUM FLAKES OR EPSOM SALTS.

TRY JOURNALING - IF SOMETHING IS ON YOUR MIND AND TROUBLING YOU, WRITE IT DOWN AND THEN FORGET ABOUT IT UNTIL THE NEXT DAY.



BEFORE YOU GO TO SLEEP, THINK THROUGH OR NOTE DOWN WHAT YOU ARE GRATEFUL FOR AFTER YOUR DAY, HOWEVER SMALL.



SUPPORT AND BALANCE YOUR HORMONES, DROPS IN OESTROGEN AND PROGESTERONE CAN HAVE A DETRIMENTAL EFFECT ON SLEEP. THIS CAN BE TRICKY, SPEAK TO YOUR DOCTOR OR A SPECIALIST REGARDING HRT OR ALTERNATIVES, IT MAY TAKE SOME INITIAL TRIAL AND ERROR.

BE MINDFUL OF TIMING YOUR ALCOHOL INTAKE AS ALCOHOL AFFECTS THE DEEP SLEEP PHASE. AVOID ALCOHOL FOUR HOURS BEFORE BED TO PREVENT DISRUPTION TO SLEEP.



THE BEST FOODS TO ENHANCE SLEEP ARE CHICKEN, TURKEY, AVOCADOS, SALMON, CASHEW NUTS, EDAMAME BEANS, DAIRY PRODUCTS. MAKE SURE YOUR DIET INCLUDES PLENTY OF THESE SLEEP ENHANCERS.

VITAMIN D IS ESSENTIAL FOR GOOD SLEEP. SPEND SOME TIME OUTDOORS EACH DAY, THE BEST VITAMIN D IS CREATED THROUGH SUNLIGHT. CHECK YOUR VITAMIN D LEVELS. MANY PEOPLE IN THE UK OR NORTHERN HEMISPHERE REQUIRE A SUPPLEMENT.





MANAGE YOUR STRESS. STRESS IMPACTS THE ADRENALS CAUSING A RESTLESS NIGHT.

TRY CHANGING YOUR BED LINEN TO NATURAL COOLING FIBERS LIKE COTTON AND ADD A DROP OF SLEEP-ENHANCING LAVENDER TO YOUR PILLOW AT BEDTIME.



AVOID SUGAR LATE AT NIGHT AS THIS TOO AFFECTS THE ADRENALS. TRY SOME NATURAL YOGHURT WITH CINNAMON TO REBALANCE BLOOD SUGAR LEVELS.

TRY NATURAL SLEEP-ENHANCING SUPPLEMENTS LIKE MAGNESIUM WITH BYCLYNEATE TO RELAX THE MUSCLES AND TO REDUCE MODERN LIFE ADRENAL FATIGUE, VALARAIN DROPS IN WATER, CHAMOMILE OR PASSION FRUIT TEA.



AVOID EXERCISE IN THE EVENINGS UNLESS IT'S SOMETHING CALMING LIKE GENTLE YOGA. YOUR HEART RATE WILL INCREASE AND YOUR BRAIN WILL STILL FEEL TOO ACTIVE TO COME DOWN.



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