

# Better Sleep for a Better You

## Five Simple Tips to Get your Best Sleep

Sleep is one of the best forms of self-care for living a healthier and happier life. We know that sleep is unique to each of us, but we can all take small steps towards a better sleep. Here are five tips that can help improve your sleep to allow you to wake up feeling your best.

### 1 Calm Your Mind

One of the best ways to calm our minds before bed is to focus on the present. Deep breathing is an effective way to relax and tune into your body's needs as it slows your heartbeat and stabilizes your blood pressure. Be in the now, leave the stress of today and the worries of tomorrow behind by taking a few big breaths in... and out. By calming the mind, your body can reach a mental and physical state perfect for sleep.

### 2 Make Your Bedroom a Sleep Sanctuary

Today we are spending more time at home than ever before. But, it's important to create separation and establish our bedrooms as a sacred sleep space and not a work or screen-filled zone. After all, our minds and bodies deserve the reprieve! Keeping the TV, work and cell phones in another part of the house can help your mind and body associate the bedroom as a place to catch zzz's only and make your bedroom the sanctuary you need for a good night's sleep.

### 3 Say Goodbye to Blue Light

From virtual calls with family, to work and binge-watching our favourite shows – it's safe to say we're all getting more screen time. But the blue light emitted from your devices is the kind of light that tells your body it needs to stay alert and awake – the opposite of what you need to wind down! To ensure a good night's sleep, use a blue light filter on your electronics in the evening and make the last hour of your bedtime ritual electronic free.

### 4 Maintain a Consistent Sleep Schedule

The busyness of life makes getting enough sleep each night seem like mission impossible. But if there's one mission everyone should try to conquer, it's getting a consistent amount of sleep each night. Our bodies are creatures of habit, so the more we practice our sleep routines, the more benefits we reap. A dedicated sleep schedule teaches your body how to gear down to 'sleep mode' at the same time each night, so you can awake refreshed for the day ahead.

### 5 Establish A Bedtime Ritual

When building any healthy habit, practice makes perfect. So, when tackling bedtime, use the last hour to gently wind down. Relax from the stresses of the day with a soothing bath or an herbal tea. Read a book or ease down with some calming music in bed. A similar routine every evening will trigger your brain and body for sleep, allowing you to feel sleepy at the same time each night. Sweet dreams!

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