

DREAMY SLEEP strategies



I know restless nights can weigh heavy, but I'm here with a little love to help you rest easy! Here are some better sleep strategies, straight from my Wise & Wild Way program, that are simple, practical ways to calm your mind and body. Now, you can drift off peacefully and wake up ready to shine—let's get you that dreamy sleep you deserve!

- **Stick to a regular sleep schedule:** Go to bed and wake up at the same time every day, even weekends, to help your body get sleepy on cue—bright morning light can make this even easier.
- **Skip stimulants after morning:** Avoid caffeine (chocolate or beverages) in the evening—they'll keep you up and mess with your deep sleep, which is the most refreshing kind.
- **Keep your bed just for sleeping and intimacy:** Eliminate TV, cell phone, or laptops here, and if reading helps you doze, use a dim 15-watt bulb so bright light doesn't keep you awake.
- **Dim the lights before bed:** Lower the lights in your living room and bathroom to ease into sleep mode—bright lights in the morning are great, but not at night.
- **Don't stress if you're not sleeping enough:** Worrying makes it worse, so trust your body, try these tips, and know you'll rest when you're ready.
- **Avoid exercise close to bedtime:** Keep workouts at least 3 hours before bed so your body can wind down, though a gentle, calming yoga session can be a sweet exception to help you ease into rest.
- **Don't go to bed hungry:** Grab a light snack if you need it, but skip heavy meals that might keep you up—a cup of cultured cream or yogurt can be a soothing choice to settle your stomach and ease you into sleep.
- **Create a calming bedtime routine:** Sip herbal tea or meditate an hour before bed to start winding down—keep it consistent for the best rest.
- **Avoid the clock:** If you wake up at night, don't peek at the clock—it'll just stress you out, so turn it away and drift back to sleep.
- **Get up if you're awake too long:** If you can't sleep after 30 minutes, get out of bed and do something boring in dim light until you're sleepy again.
- **Keep your room comfy:** Make sure it's not too hot or cold—cooler is better for sleep—and use a fan or white noise machine to block out any disruptive sounds.
- **Skip the nightcap:** Alcohol might help you fall asleep, but it'll wake you up later, especially if you snore or have sleep apnea, so it's better to pass.

These tips are your gentle nudge to rest well, because you deserve nights as peaceful as your heart.