

MY TOP 4 SELF-CARE BEDTIME TIPS

TIP 1

Eliminate ALL blue light devices at minimum 45-minutes before bed. This is a MUST to increase melatonin production. If this is a NO for you, invest in blue light blocking glasses.

TIP 2

Give your mind, body and spirit time to unwind from the day. Set aside 20-30 minutes just for YOU. Do 5 minutes of slow deep stretching - neck rolls, forward fold and a child's pose to relax the body.

TIP 3

Take a bath or shower using epsom salts or an epsom salt scrub - the magnesium increases melatonin. I also love drinking nautral vitality's "natural calm" drink - yummy and sleep inducing!

TIP 4

Climb into bed, rub some lavender essential oil on your feet, download the insight timer app (it's free) and listen to "Yoga Nidra to Reconnect & Expand Perspective" by Jana Roemer.