TOP 10 CRISIS SLEEP TIPS

Anghli THE SLEEP GURU





Avoid watching the news in the evening. Whilst you may think it's not stimulating your mind, it will be. Simply switch off early in the evening and read or listen to something nourishing and calming.

DONT' CLUTTER THE CONSCIOUSNESS!



REDUCE BRIGHT LIGHTS IN THE EVENING

Bright lights will affect the sleep hormone melatonin. Try diming the lighting or wear the light blocking glasses in the evening.



Your digestive fire reduces in the evening. If you insist on eating heavy foods, especially high in fats, you'll be putting your system under stress and probably find yourself waking up at 3am in the morning.

EAT EARLY AND AVOID STIMULANTS



AVOID ALCOHOL AT LEAST 3 HOURS BEFORE BEDTIME

Alchol will dehydrate you and Dehydration can cause sleep disruption. Alcohol will also surpress the very important dream sleep cycle (REM).



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Keep drinking room temperature water during the day.

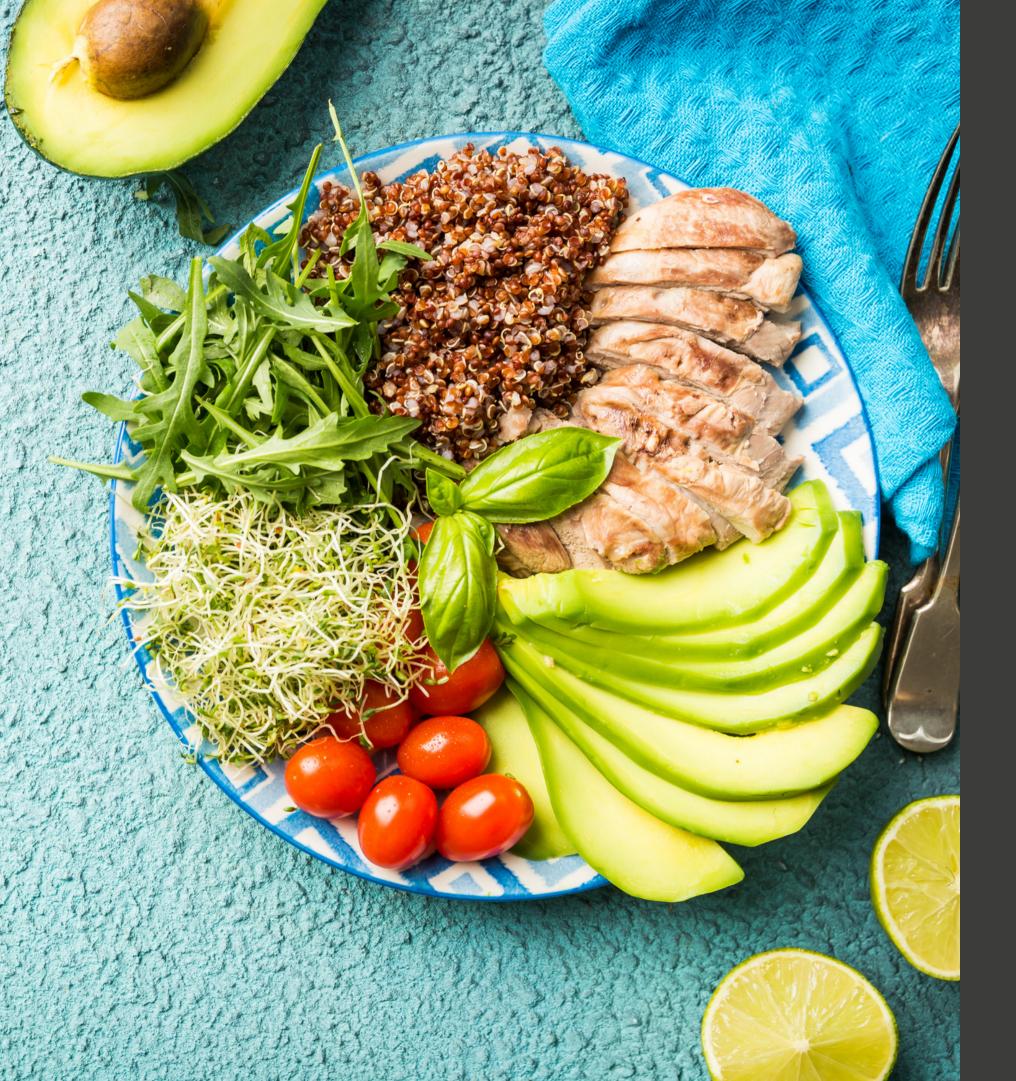
K E E P H Y D R A T I O N L E V E L S U P D U R I N G T H E D A Y

Start first thing in the morning. When you wake up drink a glass of room temperature water before any coffee or tea.



TWICE PER DAY Top and tail your day with some meditative type practises like yoga, breathing and meditation

GET SOME CALM



AVOID THE PESTICIDES

Eat nourishing clean food so your body is not having to deal with pesticides as well as exhaustion.



Look after your emotional health and read/watch useful material and not waste your precious life force on mindless social media.

LOOK AFTER YOUR MIND



KEEP A POSITIVE CONNECTION

Stay connected to a positive peer group with a positive outlook. We can all connect easily on Zoom or Skype to keep in touch.



LEARN SOMETHING AND FEED THE SOUL

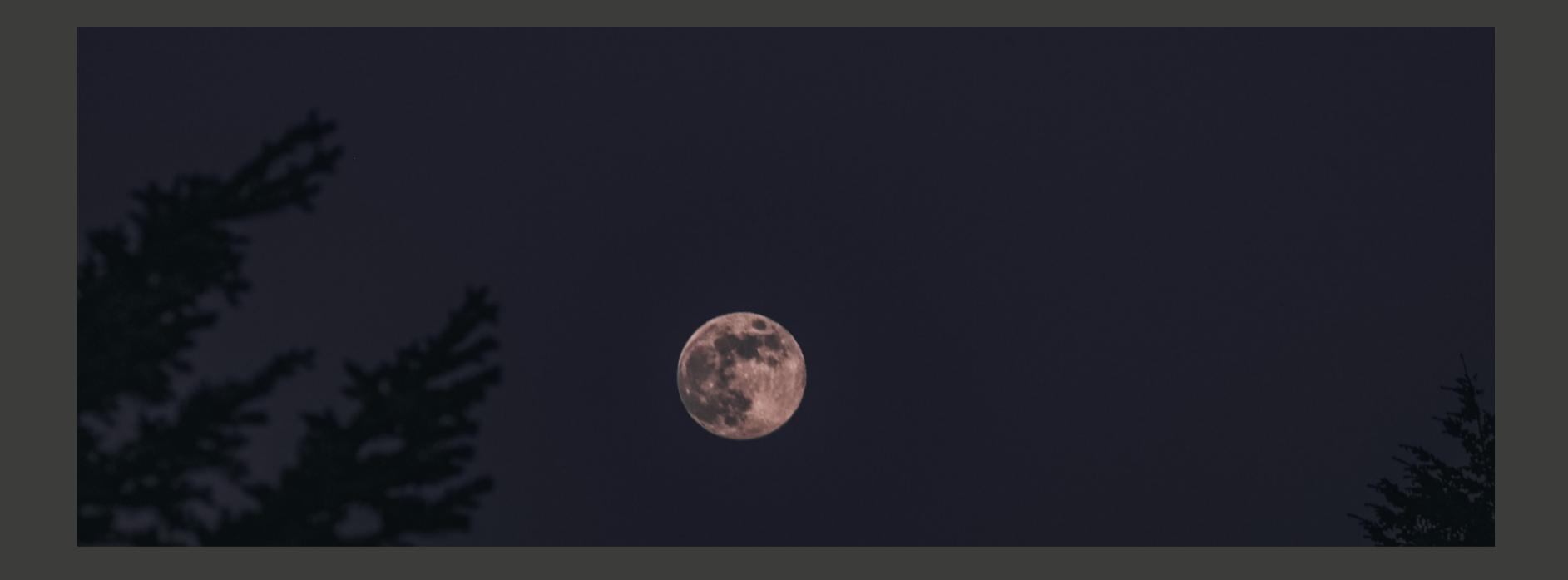
If you've got time on your hands, now's the time to dream about fulfilling your purpose. The soul is deeply disturbed when there's no growth.



TAKETHESLEEPTYPEQUIZ

Everyone is different. Find out what your Sleep Type is and download your personal Sleep Type Guide. Click the link below to go to the quiz.





SWEET DREAMS