

# TOP 10 CRISIS SLEEP TIPS

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THE SLEEP GURU







## DONT' CLUTTER THE CONSCIOUSNESS!

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.





## REDUCE BRIGHT LIGHTS IN THE EVENING

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





## EAT EARLY AND AVOID STIMULANTS

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.





AVOID ALCOHOL  
AT LEAST 3  
HOURS BEFORE  
BEDTIME

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





## KEEP HYDRATION LEVELS UP DURING THE DAY

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

Keep drinking room temperature  
water during the day.





## GET SOME CALM TWICE PER DAY

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





## A V O I D   T H E P E S T I C I D E S

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





## LOOK AFTER YOUR MIND

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





## 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.





## TAKE THE SLEEP TYPE QUIZ

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.

CLICK







*SWEET DREAMS*