Top Tips for Sleep

Practice Grounding

Incline your bed

Avoid blue light after sunset

Avoid stimulating things at night (food, caffeine, action shows, learning)

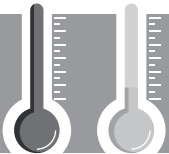Establish a nighttime routine

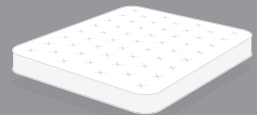*Go to bed early*

Create a completely dark room

Avoid alcohol

Bathe in positive thoughts
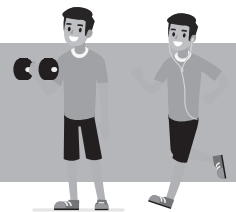
Get the temperature right

Check your mattress

Figure out the noise (white noise or no noise)

Get fit

Point headboard of bed in correct direction, east or south

Avoid where cats sleep

Empty your brain -write in a journal

DR. JAY DAVIDSON

SIMPLIFYING **COMPLEX** CONDITIONS