



TIPS FOR BETTER SLEEP:

- Eat dinner 2h or more before going to bed.
- Install a (free) Bluelight blocker app on your electronic devices (phone/laptop) if you have to work or be on the device within 2 hours of going to bed.
- Avoid artificial light as much as possible at night.
- Make sure your room is dark and cool when you go to sleep.
- Use earplugs to block out most noise while you sleep.
- L-Theanine or magnesium (around 300mg in a chelated form) in the evening can help with sleep - magnesium **glycinate** is the best form for this - *remember to check new supplements with your doctor if you're on medication.*
- **Do any of the stress management or nervous system regulation techniques before bed, which can greatly assist with improved sleep quality.**
- Expose your eyes to bright light upon waking/early morning by going outside (even when it's overcast), to set your circadian rhythm up correctly.
- Establish a sleep routine, going to bed and waking up more or less the same time every evening and morning, and try stick to it over weekends as well.

DAILY 'HOMEWORK'

MOVEMENT EVERY DAY

- **When you feel fine, do some easy movement every day:**
 1. **get up for 3min every hour if you have a desk job.** During the 3min, you need to stand (at the very least), walk, or do any other movement which can even be exercises such as body squats, skipping, push-ups, climbing stairs, or washing dishes, hanging up washing, or anything else that gets you on your feet and moving.
 2. **take a walk every day.** This can also be an easy swim, yoga, ta chi, or bike ride, for example. You can start gradually with 15min walks and work your way up to about 45min to an hour. Do these at an easy pace - there is no need to push yourself.

This homework really is ***important and effective!***