



Your Personalized Plan for Mental and Physical Harmony 

5 STEPS TO BETTER SLEEP TONIGHT _{zzZ}

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Hi there!

If you're ready to wake up refreshed and energized, try these simple steps!

1

Set a Sleep Routine

Aim to go to bed and wake up at the same time daily -- even on weekends! This helps regulate your body's internal clock.

2

Create a Calming Bedtime Ritual

In the hour before bed:

- Dim the lights.
- Avoid screens (blue lights disrupts melatonin).
- Try relaxing activities like reading, stretching, or journaling.

3

Optimize Your Sleep Environment

- Keep your bedroom cool (65 - 70 degrees).
- Use blackout curtains or an eye mask.
- Play white noise or soothing sounds to eliminate distractions.



4

Watch What You Eat & Drink

- Avoid caffeine after 2pm and heavy meals close to bedtime.
- Try a calming mocktail (like my hormone-balancing one!) to help you relax.

5

Practice Gratitude Before Bed

End your day on a positive note:

- Write down 3 things you're grateful for.
- Reflect on what went well today, no matter how small.

Pro-Tip!

If you wake up in the night, resist the urge to scroll your phone. Instead, focus on slow, deep breaths to lull yourself back to sleep.

Ready to transform your nights? Let me know how these tips work for you! Need extra support? Reach out – I'd love to help! ❤️

*Wishing you restful nights,
Cristie xox*