


A woman with curly brown hair is sleeping peacefully on a blue background. She is lying on her side, resting her head on her hand. The lighting is soft and blue, creating a calm and serene atmosphere.

NATURAL WAYS

TO SLEEP BETTER

Dr Ligeia Vagharshagian

<https://www.amazon.com/author/ligeiavagharshagian>



1

DRINK CHAMOMILE
TEA AND CUT OUT
STIMULANTS

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2

DON'T SNACK OR
EAT JUST BEFORE
BEDTIME

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3

DON'T EXERCISE
ALLOW YOURSELF
TIME TO UNWIND

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A woman with dark, curly hair is sleeping peacefully in bed. Her eyes are closed, and her hand is resting near her head. The background is a soft, blue-toned image of a bed with white pillows. A large, bold, yellow number '4' is superimposed over the center of the image, partially covering the woman's face.

4

KEEP A SCHEDULE
BY SETTING A TIME
FOR BED

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5

BREATHE DEEPLY
AND RELAX JUST
LYING IN BED

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6

DIM LIGHTS AND
SCREENS OFF AN
HOUR BEFORE BED
TO DECOMPRESS

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7

KEEP YOUR ROOM
COOL AND DARK
AND REDUCE
NOISE

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8

USE NATURAL
AROMATHERAPY
FRAGRANCES TO
PROMOTE SLEEP

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Sleep Hygiene Chart at a Glance

Five effective tips to establish healthy sleeping habits

Stay clear of stimulants late in the day.

Avoid beverages and foods that contain caffeine and other stimulants. Don't snack before bedtime.



Do a regular exercise.

Regular exercise routine can help contribute to improved sleep but don't exercise just before bedtime.



Create a relaxing bedtime/pre-bedtime routine.

Any relaxing activity about an hour before bed helps create a smoother transition.



Stick to a consistent sleep schedule.

Going to bed and waking up at the same time every day.



Unplug an hour before bed.

Keep screen use to a minimum, at least an hour before bed.



Keep your room cool and comfortable.

The ideal room for sleeping is cool, quiet, and dark.



Avoid foods that can disrupt sleep.

When you lie down right after a big meal, your digestive juices are still cranking.



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Sleep Tracker



Your Energy Level Today



Number of hours that you slept



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Sleep Tracker



How does your sleep affect your mood?

DAY	HOURS	MOOD
1	8	
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		



DAY	HOURS	MOOD
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		
29		
30		
31		

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Lower Stress and Worry

Find simple hacks that work for you to prioritise and address your stress. Plan and use goals to lessen worry.



How will you create a stress free zone?

How did doing this improve your sleep?

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Festival of Sleep Day

Created to help you catch up on your sleep, recuperate and allow your body and mind time to rest.



Date:



Create a catch-up day to restore your mind and body and decompress. It's a gift of a day of more



rest where you can snuggle up, laze about, daydream and doze off.



It's good for your brain and body!



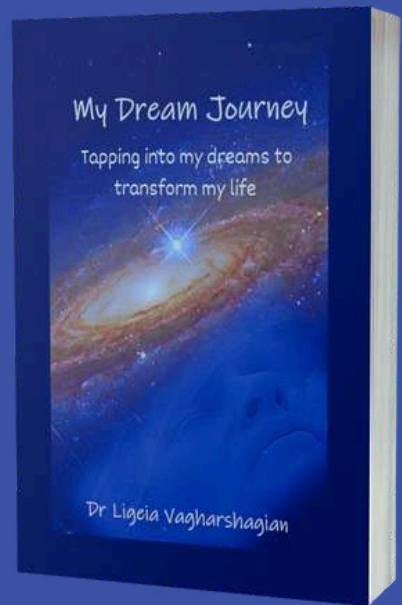
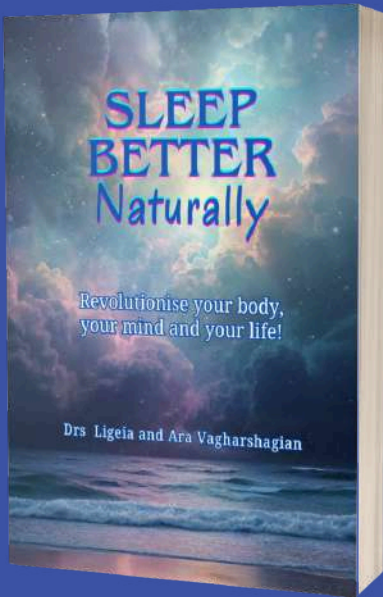


Sleep tight

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**Learn
More**

**Begin the adventure! Explore
and understand your sleep and
dreams**



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