

# Sleep

Reasons you need to get enough sleep:

- to regulate your hormones
- to eliminate toxins via the lymphatic system
- to restore and recuperate your mind and body
- to be more productive, inspired and happier

We all know the consequences of lack of sleep:

- more irritable
- harder to make decisions and to concentrate
- feel lethargic
- takes longer to get things done

Research shows the impact of sleep deprivation on our health can include weight gain, diabetes, heart disease, cancer and Alzheimer's.

## Tips for a Good Night's Sleep

- Make getting enough sleep a priority.
- Don't push past your tiredness. Listen to your body when you feel tired. Exhaustion is not something to boast about. It's a sign that you need to make changes.
- Make your bedroom a soothing, comfortable and tranquil place to be. Declutter and tidy any mess to make it a peaceful and pleasing space.
- Gradually increase the amount of sleep you get by going to bed earlier each night.
- Create a night time routine to help you relax and prepare for sleep.
- Listen to a meditation or relaxation exercise.
- Don't bring your devices to bed with you. We all know the effects of blue light on our brains and sleep cycles.
- Buy an alarm clock instead of using your mobile phone as an alarm. That way if you wake during the night, you won't be tempted to check your phone.
- Use journaling to dump any stress, unfinished business, anger, resentment, things that didn't go right that day.
- Praise yourself for any efforts you make. Be kind to yourself as it takes time to create new habits.

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Let Your Light Shine

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