

Sleep Better Tonight

6 Quick & Easy Secrets for Improved Sleep

1. **Remove or move electronics.** Clock radios, cell phones, laptops and televisions all emit electromagnetic pollution and impact your energy field. This can interfere with your sleep, impact melatonin levels and significantly impact the overall balance of the body. Mobile devices and electronics plugged into the wall give off EMFs. Keep electronics at least 6 feet away from your head. Never keep electric items on your nightstand. Avoid using your cell phone as an alarm clock. If necessary, leave it across the room. Best yet, purchase a wind up alarm clock.
2. **Turn off your wireless router at night.** Unless you live in a remote area, you are showered with electromagnetic pollution. Sleep disturbances are just one of many issues that are linked to EMF exposure. People commonly report that they sleep better when home Wi-Fi is turned off. Make a practice of turning off Wi-Fi for at least eight hours nightly.
3. **Set the mood for sleeping.** Most people tend to sleep best in a cooler environment. Light signals your biological clock to wake, thus, it is best to avoid all light. Sleep in a completely dark environment. Be mindful of noise and distractions. If needed, consider using black-out curtains, eye shades, ear plugs, fans or white noise machines. Aesthetically, your bedroom should be a comfortable haven and a space that you enjoy. Keep it cool, dark and quiet.
4. **Avoid sugar, caffeine and alcohol at night.** This should go without saying but, hey, some people need reminders. Caffeine is a stimulant and can keep you awake and alert. Erratic blood sugar levels impair sleep as well. Alcohol frequently causes more fitful sleep. While it may improve initial sleep, sleep later in the night is fitful, light and not quality. The urge to use the bathroom impacts sleep as well.
5. **Use herbals and essential oils.** Many herbs and herbal remedies are commonly used for stress-reduction and relaxation. A cup of chamomile tea at night can help the body unwind. A drop of high quality lavender essential oil on the wrist or pillowcase will often induce sleep. Wild orange essential oil is known to help calm a racing mind and promote deep sleep.
6. **Use your bedroom only for sleep.** Your body needs to associate your bedroom with peace, calming and relaxation. Computers, piles of bills and exercise equipment only remind you of what you need to be doing and these distractions mentally loom over you. Oh, and guess what? You are allowed to have sex in your bedroom. Sleep and sex. That's it.

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