

BP56

Pre-Sleep Practice

Wash and ideally air dry ALL linen every weekend (BP56).

Cover ALL bedroom lighting, by; overlapping curtains, closing doors, covering all blue light – including an out of sight silent charging phone.

Consider an evening camomile peppermint or lemon tea, 30 minutes from bedtime.

Prepare for sleeping with an ever slightly cooler room temperature – ideally 12-14'c; allowing your body to naturally cool, reaching your ideal energy shutdown temp.

Practice sleep at much the same time every night.

Prepare for the earlier morning coolness – blanket at the foot of the bed, bedside socks, etc.

**Read a paperback while in bed, lit only by a dimmed bed lamp.

After the second or third melatonin heavy eyelid doze, discard the book and think nothing.

Good nutritious sleep drives fat-burning hormonal efficiency. Alternatively, cheating sleep, or struggling rest will typically drive sugar burning stress.