



TIPS FOR BETTER SLEEP



Establish a regular bed time and waking time

Avoid daytime naps of more than 1 hour, also avoid napping after 4pm



Limit alcohol consumption

Reduce or eliminate stimulants i.e. coffee, caffeine, cola etc



Avoid overeating at night and refrain from eating 2 hours before bedtime

Get regular exercise. Aim for at least 4-5 times weekly.



Invest in a comfortable mattress and bedding - use natural fibres

Reduce exposure to electromagnetic fields, including mobile phones, tablets, computers



Create a dark sleeping environment, and increase your daytime exposure to sunlight.

For a tailor-made sleep support program contact Terrie

Terrie Beresford, Naturopath

Mob: 0411 068 953 terrie@newage.net.au

www.newage.net.au



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