

HOW TO SLEEP & RELAX WELL



A good night's sleep has tremendous health benefits. Research shows that getting the recommended 7 to 9 hours of sleep per night helps improve memory, decreases inflammation, improves creativity, boosts the immune system, and may even help you live longer. Adequate sleep also assists with weight loss, exercise performance and how well we cope with stress. According to Consumer Reports, approximately 27% of adults have trouble falling asleep or staying asleep most nights, and 68% of Americans struggle with sleep at least one night per week. Use these tips and techniques that may help improve your quality of sleep.

- **Learn to Relax.** Meditation, Progressive Muscle Relaxation, breath work, time outdoors, Tai Chi, yoga, and massage are just a few tools that can help you learn how to relax.
- **There's an App for That.** Try the 'Calm' or 'Headspace' app for guidance on meditation.
- **Limit Caffeine.** Enjoy 8-12 ounces of coffee in the morning or go decaf / caffeine free. Caffeine is also found in chocolate, soda, and iced teas.
- **Dinner.** Eat a light meal a couple of hours before bed, so that digestion is complete before going to bed. After dinner, drink some chamomile or bedtime herbal tea. Sitting down and sipping on tea is a nice way to help your body and mind unwind.
- **Avoid Blue Light.** The blue light that emits from electronics interferes with sleep quality. Try to unplug for a good hour before bedtime and choose an activity that helps you relax such as reading, journaling, meditation, or taking a bath.
- **Essential Oils.** Try calming essential oils such as lavender or bergamot in a diffuser, sprinkled on your pillow, or rubbed on the soles of your feet.

- **White Noise.** Try a white noise, such as the hum of a fan. Find a white noise app and use it while you are sleeping.
- **Same Time.** As much as possible, go to bed and wake up at the same time everyday, even on the weekends.
- **Waking Up.** If you wake up in the middle of the night, instead of tossing and turning, get up and practice some relaxation techniques.

GOLDEN MILK RECIPE

- 3 cups of almond or skim milk
 - 1/2 tsp. turmeric
 - 1/4 tsp. ginger
 - 1/4 tsp. cinnamon
 - pinch of black pepper
 - sweetener of choice (coconut sugar, agave, or stevia)
1. In a saucepan, add milk, turmeric, ginger, cinnamon, pepper, and sweetener of choice.
 2. Whisk to combine and warm over medium heat. Heat until hot to the touch but not boiling - about 4 minutes - whisking frequently.
 3. Turn off the heat and taste to adjust flavor. Add sweetener to taste or more turmeric or ginger for intense spice / flavor.
 4. Serve immediately, makes enough for 2 glasses. Best when fresh, but leftovers can be stored and refrigerated for 2-3 days.



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