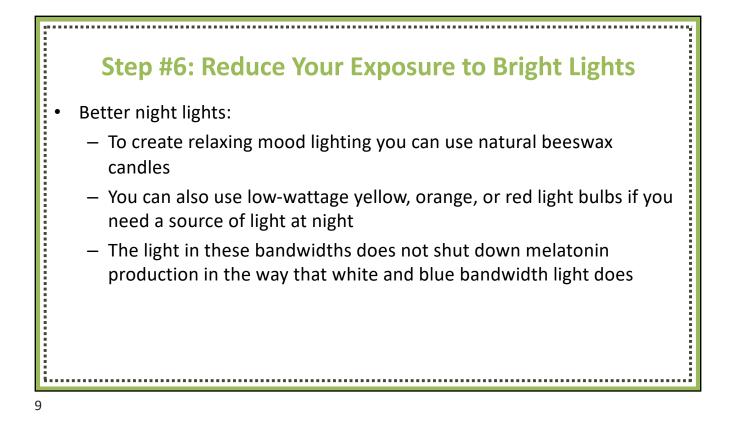
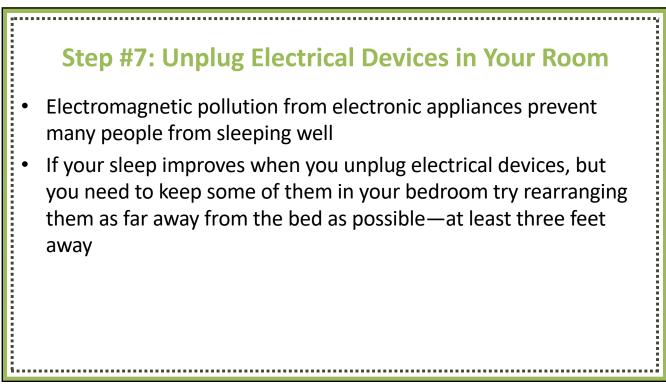
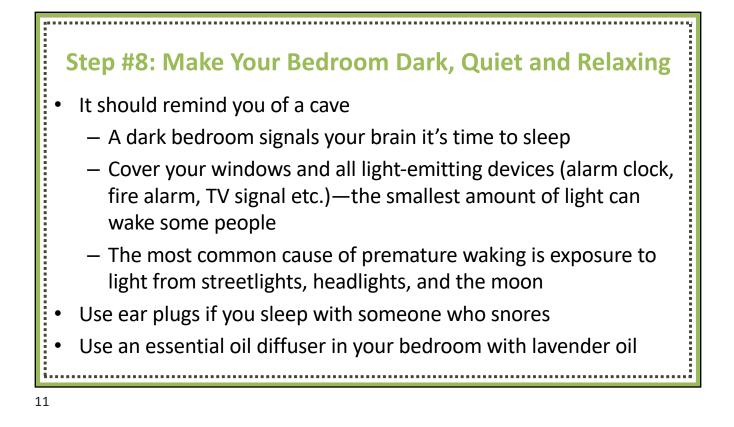


Step #5: Reduce Your Exposure to Blue Wavelength Light

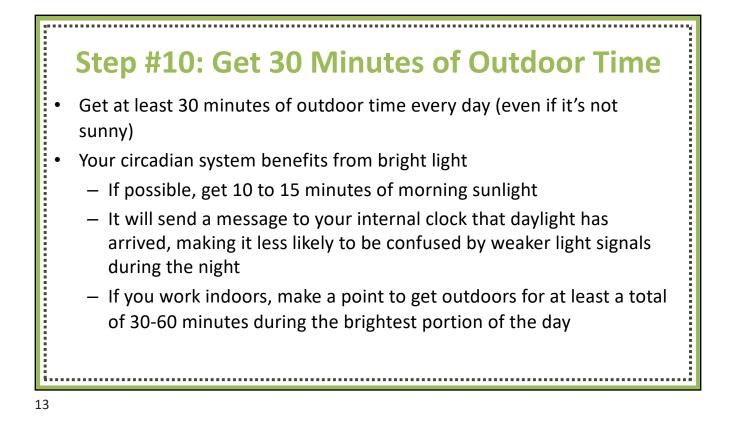
- Sources of blue light are high-efficiency light bulbs, and digital devices like computers, TV's, iPhones and iPads.
- Reduce your exposure to these electronic devices at least two hours before bedtime.
- Tips:
 - Download f.lux to your computer if you need to use your computer later during the day (It makes the color of your computer's display adapt to the time of day, warm at night and like sunlight during the day.)
 - Use blue light blocking glasses to help you wind down and produce melatonin on the right schedule.





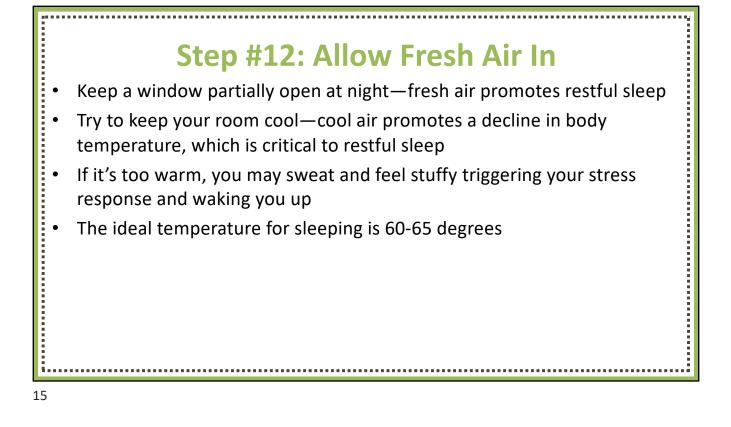


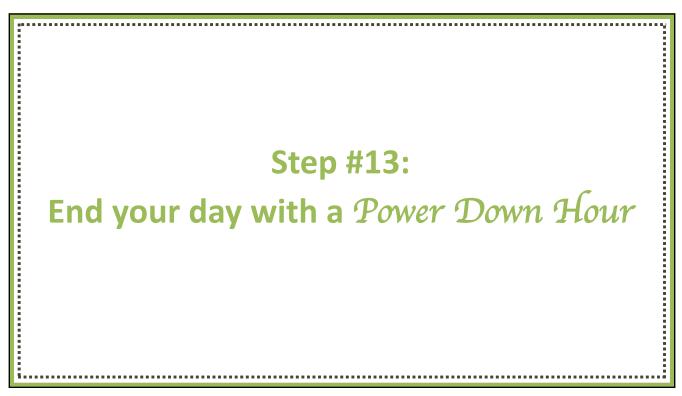
Step #9: Use Your Bed for Sleep and Sex Don't bring screens to bed and don't watch TV in bed Remember, the blue in your electronic screens interferes with melatonin (sleep hormone) production Resist sending those last emails or watching a violent movie while in bed One of the worst barriers to sleep is watching the nightly news

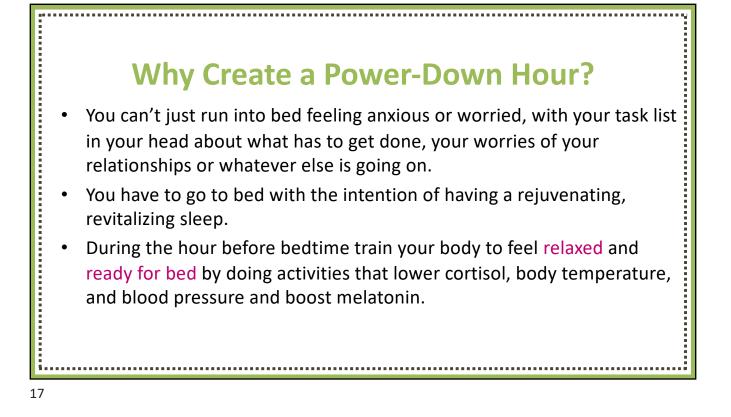


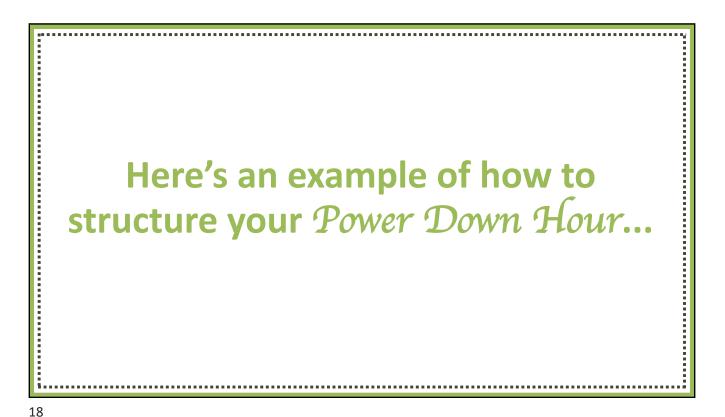
Step #11: Stop Drinking Liquids 3 to 4 Hours Before Bed

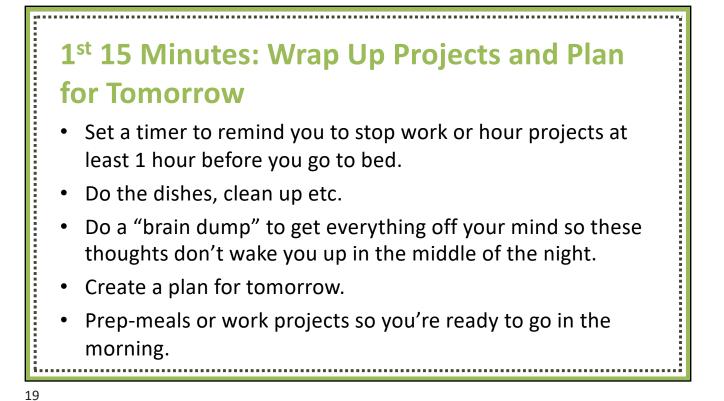
- When you drink liquids 3-4 hours before bedtime you're likely to awaken to urinate during the night
- Getting up to use the restroom disrupts your sleep cycles, which leads to feeling unrested in the morning
- Make it a habit to drink water first thing in the morning and throughout the day
- When you're hydrated properly you won't be so thirsty right before bed
- If you do wake to use the bathroom, *don't* turn on the light

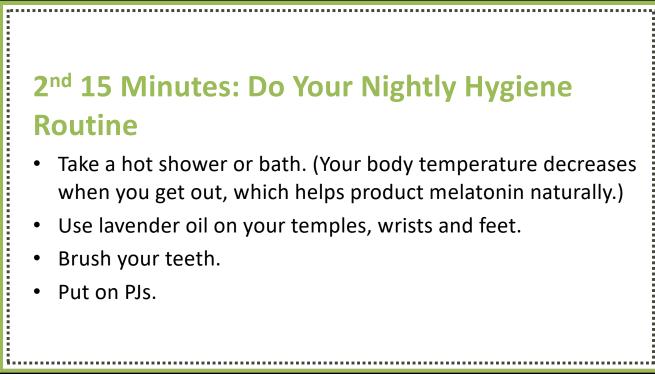


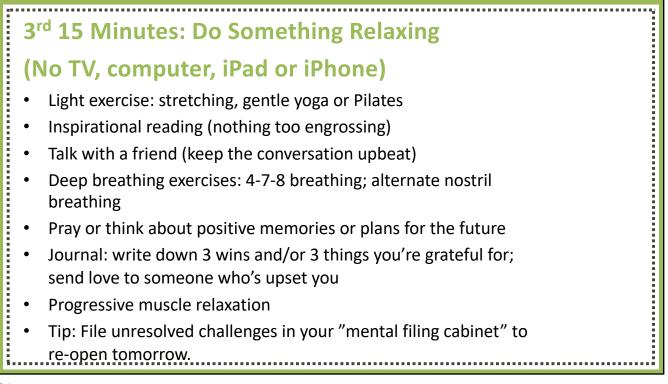












4th 15 Minutes: Meditate

- Benefits of mediation on sleep:
 - Increases melatonin (the sleep hormone)
 - Increases serotonin (precursor of melatonin)
 - Reduces heart rate
 - Decreases blood pressure
 - Activate parts of the brain that control sleep

