

Happy Sleep Guide

Good Sleep habits can help you hit the pillow and catch some zees. Fall asleep with ease, sleep with minimal interruptions, and wake feeling rested. Here are some ideas that can help!

- Use your bedroom for sleep and sex & snuggling.
- Keep regular sleep and wake times (This will help your body to release melatonin (the hormone that makes you sleepy) and fall asleep more easily.)
- Eliminate afternoon caffeine after 2:00 pm
- Finish any vigorous exercise at least three hours from sleep time
- Eat a light dinner no later than 2-3 hours before sleep time
- Banish pets (and snoring partners) from the bedroom after snuggling.
- Ensure the bedroom is a dark, cool, quiet place.
- Try an amber light to soften the effects of artificial light on your internal clock.
- Consider ear plugs to lessen noise or blindfold to lessen light during sleep.
- Get computers and TVs out of your bedroom, because they stimulate the brain and their light tells the body "it's daytime," disrupting the internal clock.
- Breathe deeply.
- Stretch any kinks out.
- Massage your hands and feet before bed to relax.

Relax your feet for a good night's sleep

- ➔ **Shoes & Socks Off**
- ➔ **Roll out feet.** Roll each foot over a tennis ball length wise from your toes to your heel. Repeat this and move the ball over the entire width of your foot. Roll each foot for one minute
- ➔ **Seated Toe point.** Stretch your legs out straight and lift them so your heel hovers just above the floor. Point and Flex both feet five times.
- ➔ **Ankle circle.** Circle your ankles 3 times clock wise and 3 times counter clockwise.
- ➔ **Curl toes.** Curl your toes then spread them wide 3 times.
- ➔ **Shake hands with Foot.** Cross left foot to right knee. Thread right fingers through your left toes spreading them open. Rock your toes back and forth. Gently circle your foot clockwise and counter clockwise, three times. Repeat this with the right foot. Cross right foot to left knee. Thread left fingers through your left toes spreading them open. Rock your toes back and forth. Gently circle your right foot clockwise and counterclockwise, three time.
- ➔ **Stretch Fascia.** Cross left foot to right knee. Take left hand to the ball mound of your foot. Make a knuckle sandwich with your right hand. Drag your knuckle down the length of the sole of your foot several times, moving slowly from toe mound to heel. This may be sensational. Switch to the right side. Cross right foot to the left knee. Take the right to the ball mound of your right foot. Make a knuckle sandwich with your left hand. Drag your knuckle down the length of the sole of your foot several times moving slowly form toe mound to heel.
- ➔ **Clear Lymph Channels.** Cross left foot to right knee. Take the right hand and run your fingers down the channels between your left toes. Rub the channels from the toes to the ankle. Do this a couple of times until the soreness lessens. Switch sides. Cross right foot to left knee. Take the left hand and run your fingers down the channels between your right toes. Rub the channels from the toes to the ankle. Use a lightly dragging motion to encourage lymph to move.
- ➔ **Moisturize and massage.** Use a natural oil, like coconut or sesame oil, and massage it into your whole foot, top bottom and sides. Make sure to get between the toes. Massage the nail beds and cuticles.