

## Healthy Sleep Habits

- In bed by 10, asleep by 10:30
- Up with the sunrise, right before 6 AM
- Much detoxification occurs 10PM-2AM
- Quality of sleep = withdrawal from senses – resting of senses
- Light food, quality food assists with quality sleep
- Brisk walk in evening to improve quality of breathing pattern in the night
- Gentle evening walk to separate self from mental activity, ready to fall asleep at the right time

## Challenge Yourself

- Complete meal by 7PM to allow for more complete digestion before sleep
- No technology/screen time for two hours before bed
- Are your evening choices nourishing for your body and mind?



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