

A Selph Guide to Getting Better Sleep.

Most adults needs between 7-9 hours of quality sleep in order to function optimally. If you're struggling to get enough sleep each night, or are having trouble staying asleep, try these helpful tools to encourage your mind and body to prepare for a restful, quality nights sleep.



- ~ Have a shower or a bath before bed, this will help to regulate your body temperature in preparation for sleep.
- ~ Drink a sleep time tea, try chamomile or other herbals blends.
- ~ Ensure you stay off screens for at-least an hour before bed.
- ~ Listen to relaxing music or a night time meditation.
- ~ Lie with supported legs up the wall for 5 minutes.
- ~ Write down 3 things you are grateful for or anything that is on your mind to remove them from your consciousness.
- ~ Ensure your bedroom is dark, cool and quiet. Indoor plants can be a great way to ensure the air is clear and calm.

