

GET YOUR BEST REST

## MY ULTIMATE SLEEP CHEAT SHEET

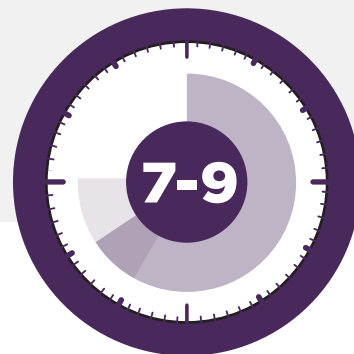
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There's nothing like that sinking feeling when the clock says 2 AM and you're still tossing and turning. Whether it's a venti coffee or daylight savings time to blame, it's bad news.

Studies show that just one sleep-deprived night can knock your stress hormones out of whack, making you more likely to gain weight and experience uncomfortable symptoms like mood swings and skin breakouts.

**To look and feel your best all day, you need 7-9 hours of quality sleep every night.**

(And that applies to over 98% of the population - genetics prove it!)



**Try these seven ways to make sure you get the best rest possible**

# MY ULTIMATE SLEEP CHEAT SHEET

Seven ways to make sure you get the best rest possible

# 7 ZZZ's

## 1. Create a power-down hour.

To prepare for a solid night's sleep, power down an hour before you hit the sack. That "urgent" email can wait till morning – studies prove that the light from electronics can interfere with sleep long after you turn them off, so put your iPhone to bed at least an hour before you turn in yourself.

## 2. Go for calm.

You've carved out that hour before bed without electronics. Replace the hour you used to spend watching reruns with a mind-calming routine. **Meditation**, gratitude journaling, a hot cup of chamomile tea, or deep breathing are all great options.

## 3. Watch the alcohol.

That second glass of pinot noir might lull you into slumber, but it will also make you dehydrated and cause blood sugar changes that can result in poor-quality sleep. If you have a drink with or after dinner, pair it with two glasses of water, and never use alcohol as a sleep aid.

## 4. Ditto caffeine.

I love my **Bulletproof Coffee**, but I restrict it to the morning hours. Especially if you're a slow caffeine metabolizer, a mid-afternoon java jolt can leave you jittery before bed. Limit caffeine to before lunch and switch to **green tea** (preferably decaf) by afternoon.

## 5. Try Sleep Candy.

Sometimes you need a little extra help falling or staying asleep. Over-the-counter and prescription sleep aids can be addictive and bring scary side effects. Sleep Candy contains an all-natural blend of science-based nutrients and botanicals that calm your mind and gently help you drift off to sleep, plus it tastes delicious!

**You can only find Sleep Candy [HERE](#).**



## 6. Close your kitchen after dinner.

Late-night snacking crashes your blood sugar and cuts into quality sleep. **Follow my plate rules** at dinner and quit eating 3 hours before bed. Remember, if your stomach growls, you might actually be thirsty – a study at the University of Washington found that one glass of water before bed curbed hunger for everyone who tried it.

## 7. Keep exercise early – but don't skip it!

Among its many benefits, burst training combined with weight resistance will make you a better sleeper. But exercising too late in your day can leave you wired before bed, so you're browsing the Macy's clearance sale while you should be sleeping soundly. Limit vigorous exercise to morning or early afternoon hours.