

Get a great night's sleep

Brought to you by Amy Campion at The Dream Well™



THE DREAM WELL

Make your bedroom a sanctuary for sleep



Make sure your bedroom is a place you look forward to retiring to each night. Keep it clear of clutter, keep the sheets clean, the temperature right and try to let some fresh air in each day. Use colours that soothe and relax you - whatever your own favourites are.

Harness the power of herbs



Whether taken as a tea infusion, inhaled as essential oil or drops in the bath, these herbs can help calm and relax body and mind in preparation for a goods night sleep:

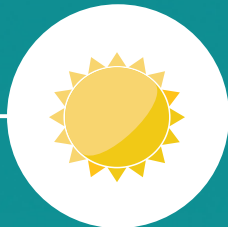
- Valerian
- Hops
- Passionflower
- Chamomile
- Lavender
- Lemon balm
- California Poppy

4 steps to a good sleep



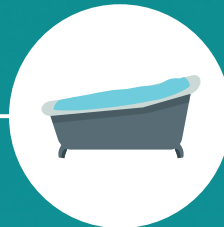
#1

Go to bed and get up the same time each day



#2

Try to get natural light, fresh air and exercise each day



#3

Have a warm bath an hour before bed



#4

Meditate, pray or express gratitude as the last thing you do

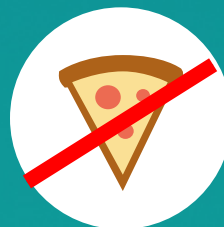
What to avoid



Screen time an hour before bed



Caffeine 6 hours before bed
Minimise alcohol consumption



Spicy foods no later than 2 hours before bed



Working, studying or watching tv in bed

For more information about sleep and dreams visit www.thedreamwell.com