

# DO 1 THING BETTER THIS WEEK

GET BETTER SLEEP >> BETTER RECOVERY >> BETTER HEALTH



What can better sleep do for you? Enable your better health. When it comes to better health, there really is no competition. Sleep, better sleep, tops the chart because with better sleep comes better recovery, So let's learn to sleep better!

By definition, sleep is a stage when many of our systems are turned off, or at least downregulated, for a sustained period of time. This suspension of new activity allows the body and mind to attend to remaining efforts as well as take well-deserved time off. During these moments, our minds may visit memories and experiences, sometimes sorting them out and at other times renewing their impact upon us. So sleep may not always feel calming or provide a complete recovery, but regardless, it is essential for better health.

"A good laugh and a long sleep are the two best cures for anything."  
- an Irish proverb.

What does happen when we sleep? Our brains take out their trash, our heart rate and breathing slow (resulting in less stuff getting delivered as quickly elsewhere in the body too), we chill out (literally, our body temperature goes down a bit), and our bodies make useful tools (like hormones, the body's main messengers) including those that help regulate blood sugar, help manage hunger, help promote growth, and those that help support a healthy sex drive. So you see from this list that while sleep is a time we need for recovery, it is also a time that we need regularly to do the work that will dictate how successful the body is the next day in its efforts to be a better body for you.

**WHAT IF I CAN'T ALWAYS GET BETTER SLEEP?** You, my friend, are human. As with all things better health, better sleep is a goal, one we aim to get more often. Contrary to popular belief, you can use weekends or days off to catch up on sleep. But if stress, anxiety, work, indigestion, people, booze or all of these keep you from getting better sleep more often than we need to create a better sleep plan for you. Do you have a better sleep tip or tool? Please share in our private Better Nutrition Membership Facebook group so that we can all reap the benefits of etter sleep more often!

## HOW CAN YOU SLEEP BETTER, MORE OFTEN?

- Better Bedtime Behaviors- Lights out! Hey, I said ALL lights out because lights you can see & those you can't will keep you from getting better sleep. Better to limit/remove gadgets from the bedroom or get a tool that truly turns them off. A regular bedtime and keeping it is better for all of us. And yes, sex is good for better sleep.
- Better Nutrient Balance - all day long enables better energy and reduces need for stimulants like caffeine, herbs & sugar and relaxers, like alcohol & medications, more often. [Assess your nutrient balance with The Better Nutrition Plan.](#)
- Better Resources- having enough magnesium, water, potassium, essential fatty acids, and trace minerals helps support better sleep. [Assess them](#) each quarterly.
- Better Digestion - With less work to do, the body recovers better. Stop eating 2-3 hours before sleep. [Assess how your digestive system](#) is doing quarterly, too.
- Better Quality - sure getting enough hours matters but earlier and uninterrupted sleep enables better recovery versus going to bed late and sleeping in more often.

## A FEW OF MY FAVORITE BETTER SLEEP THINGS

- [NATURAL VITALITY CALM PRODUCTS](#)
- ESSENTIAL OILS
- [THE 5 MINUTE JOURNAL](#)
- PHILIP STEIN SLEEP BRACELET
- ORGANIC PJs & SHEETS
- AN EARLY DINNER
- DIGESTIVE ENZYMES
- HERBAL TEA
- MEDITATION APPS
- MUSIC
- DESSERT IN THE LATE AFTERNOON VS AFTER DINNER

