

Get Ready for Some ZZZs

“Man, could I use a good night’s sleep...”

The simplest thing ever is often the hardest thing to achieve.

“Yup. I’m tired *all* the time...”

Sleep charges your battery and rejuvenates you so that you can enjoy the next day’s activities with enthusiasm and positive expectations.

“Yawn...”

The most important metabolic processes your body needs to stay healthy occur while you are asleep. And when you awaken rested and refreshed, it’s much easier to get going and move into your day.

“Wish I *could* get a good night’s sleep...”

You may know that blue light from monitors, cell phones, and TVs stimulates the brain and prevents sleep, so stop looking at these things three hours before you want to go to sleep. If you can’t, get some blue-blocking glasses.

And like everything else, your sleep can be greatly affected by your diet.

If you love coffee and other caffeinated beverages, be sure to avoid them after 3:00 p.m. This includes colas, chocolate, over-the-counter pain relievers, and more. Caffeine is everywhere.

Stop eating at least two hours before bed.

“Seriously?”

Yes. Food stimulates the body and provides energy. If you can’t sleep without some food, have a small amount of protein and fat. Sugary foods will ruin your sleep.

Drop that drink!

Alcohol, a depressant, can also affect the quality of your sleep. Though a ‘night cap’ might make you feel drowsy, it can also keep you from achieving deep sleep and cause you to awaken during the night.

If you toss and turn at night from pain, taking 2-3 Turmeric Forte before bed can reduce inflammation and let you sleep more comfortably.

Another thing that helps people sleep better is a Calcium Magnesium beverage or Min-Tran just before bed to create relaxation and deeper sleep.

Night nights!

