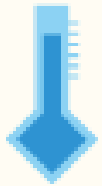
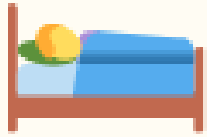
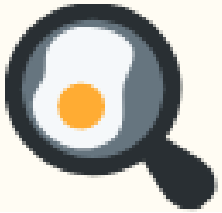
SLEEP HACKS

- GO TO BED + WAKE UP AROUND THE SAME TIME DAILY
- AIM FOR 7-8 HOURS OF SLEEP
- DON'T TAKE YOUR WORK TO BED
- BEDROOM = QUIET, DARK + COMFORTABLE
- ROOM TEMPERATURE = 18°C
- 20 MINUTES OF SUNSHINE IN THE MORNING
- PUT YOUR PHONE ON AIRPLANE MODE BEFORE BED
- KEEP A JOURNAL NEXT TO YOUR BED
- DO YOGA, MEDITATION OR DEEP BREATHING BEFORE BED
- 300 TO 600MGS PASSIONFLOWER OR 320 TO 480 MG OF VALERIAN ROOT EXTRACT
- MELATONIN OR MAGNESIUM SUPPLEMENTS
- CBD OIL, KOMBUCHA, LAVENDER, CHAMOMILE TEA
- EAT MORE PUMPKIN SEEDS, NUTS, EGGS, WHOLEGRAINS, GREEN LEAFY VEGETABLES, FISH, CHICKEN + TURKEY