

# Get Your Best Rest

## My Ultimate Sleep Cheat Sheet

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...

Thank goodness you've got Sleep Candy! Just 2 lemony chewables 15-30 minutes before bedtime can make all the difference.



JJVIRGIN



You need 7-9 hours of quality sleep every night to look and feel your best, so don't risk a night without safe, all-natural Sleep Candy. And here's six more simple ways to make sure you get the best rest possible:



# 6 SIMPLE WAYS TO GET The Best Rest

## 1. Create a power-down hour.

To prepare for a solid night's sleep, power down an hour before you hit the sack. That Facebook post 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 time you used to spend watching reruns with a mind-calming routine. Meditation, gratitude journaling, a hot cup of chamomile tea, or a warm bath with epsom salts are all great options.

## 3. Watch the alcohol.

That second glass of pinot noir might lull you into bed, 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.

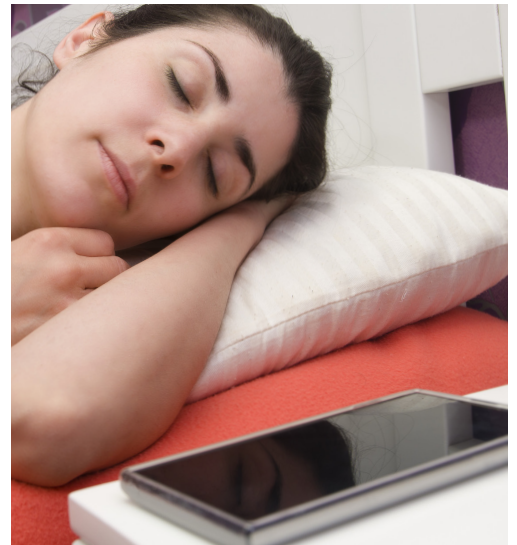
I love my coffee, but I restrict it to the morning hours. Especially if you're a slow caffeine metabolizer, a mid-afternoon java jolt can leave you jittery before bed. Limit caffeine to before lunch and switch to green tea (preferably decaf) by afternoon.

## 5. 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!

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

Exercise is proven to make you a better sleeper. But working out too late in the day can leave you wired before bed, so you're browsing the Macy's clearance sale while you should be grabbing some z's. Limit vigorous exercise to morning or early afternoon hours.



Sometimes you need a little extra help falling or staying asleep, but you don't want to turn to prescription sleep aids.

Sleep Candy to the rescue, with an all-natural blend of science-based nutrients and botanicals just right for sweet dreams!



REFERENCES:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4334454/>