



Restful Sleep Essential Checklist

Essential Criteria For
Waking Up Well Rested
& Rejuvenated

Enjoy Life Every Day!



10 Essential Criteria For Waking Up Well Rested & Rejuvenated

Sleep Schedule: get up every morning at the same time.

Exercise: 30min a day benefits a better sleep

Coffee: 1st half of the day - avoid 2nd half

Emotions: equate to organs and time frames

Water: intake consistently approx 3+ liters (100+ oz)

Food: sleepy time for your belly starts around 5pm

Hormones: melatonin is triggered by darkness

Screen time: TV, smartphone, laptop, tablet

Alcohol: night cap more harm than good

Bedroom Prep: lights, temperature, noise, scents

BONUS: [Using Essential Oils during night](#)



Let's Find Some Sleep!

Want further assistance?
Reach out and book a free 20min
consultation with me.

No magic pills or enchanted wands
Stay adventurous - I see you in our call.

[Book a call HERE!](#)