

TIPS TO PUT YOUR HORMONES TO BED

So you can Jumpstart Your Metabolism and Slim Down Naturally

By Patti Garland | Healthy Methods Wellness



On a scale of 1-10, ten being awesome, how would you rate your sleep last night? Sleep, deep, restorative sleep is essential to good health, optimizing your metabolism and losing weight. When we sleep, our body is fast at work repairing what needs to be repaired, balancing your hormones and so much more.

Some of my personal, favorite strategies for getting a good night's sleep include:

- Go to bed and wake up around the same time every day - even on the weekends so you can allow your body to wake up naturally.
- Create a consistent bedtime routine and stick to it.
- Avoid eating 3-4 hours before going to bed.
- Stay away from caffeine, chocolate, sugar and alcohol 3-4 hours before bed.
- Allow at least one hour without any screens (TV, computer, tablet or phone) before bedtime.
- Get 20 minutes of sunshine every day.
- Make your bedroom a sanctuary. Your bedroom should be used for sleep and intimacy with your partner only. Avoid watching TV or using a computer in your bedroom.
- Clear the clutter in your bedroom. Clutter is distracting and makes it difficult to wind down.
- Make sure your bedroom is very dark, eliminating all light. Use room darkening shades and a sleep mask.
- Keep the temperature in your bedroom on the cool side for a better night's sleep.
- If you get into bed and are still tossing and turning after 20 minutes, get up and return to another room in the house to do a relaxing activity, such as reading or listening to music. Lying in bed awake can create an unhealthy link between your sleep environment and wakefulness. Instead, you want your bed to conjure sleepy thoughts and feelings only.



Well those are my favorites. I hope you find them helpful and I wish you a good night's sleep and an abundance of beautiful dreams.

Patti

If you are interested in the tools that I use to induce natural sleep you can find them in my Amazon Influencer page. You can check them out and more [here](#).