

ENERGY FOR EXPERTS

SECURE YOUR SLEEP

Energy For Experts Coach
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- * Don't eat after seven pm
- * Take time to wind down
- * Follow a ritual before bedtime
- * Drink a glass of water
- * Go to sleep before twelve
- * Leave out tv in the bedroom
- * Leave devices in the office
- * Make your bedroom dark
- * Think of something nice
- * Can't sleep? Read a bit
- * Take a fix time to go to bed

YOUR GAINS...

- * Soothes your mind
- * Lifts your sleep hormones
- * Eliminates bad habits
- * Elevates a rested feeling
- * Puts you in a deep sleep