



Sleep Spells

Holistic Core Restore[®] Everywoman

1 Bed down your blue screens in their very own 'Device Den': put all phones, ipads and kindles in a box 2 hours before bed time and store the box in a hard-to-get-to-cupboard.

2 Are you a 3am / 4am waker? This could be caused by a blood sugar dip, so eating a healthy clean protein snack just before sleep will prevent this. Almonds with blueberries or carrots with hummus are good choices.

3 Bathe like Cleopatra – okay so maybe skip the ass's milk, but bathing in Epsom Salts will help relax your muscles and address any magnesium deficiency which can cause sleeplessness.

4 Hot flashes and night sweats? Have a cool shower before bed, sleep with the windows open and if you wear nightwear ensure it's cotton.

5 Give in to your Superhero alter ego and make like Bat Woman: create your very own bat cave by making your bed room dark, quiet and TV free.

6 Avoid stimulants like caffeine and alcohol in the evening – why not switch a glass of wine for a sexy smoothie?

7 Anxiety often gets in the way of our sleep groove, so try some meditation or mindfulness before bed. There are some great apps like Headspace and Calm to help with this.

8 Create a gorgeous bed time ritual for yourself, and make it a regular treat: some sleepy time herbal tea in your 'keep for best' china cup, listening to your favourite album, or a simple beauty regime with your favourite pampering products....

9 Breathing techniques are great if you have trouble dropping off to sleep. Take a deep breath in, and as you breathe out slowly allow your body to sink into your bed. Keep focussing on your breathing, with each out breathe focus on releasing one part of the body, eg the toes, the legs, the buttocks etc.

10 Evening exercise: leave cardio for earlier in the day; as the sun goes down you want to focus on mind/body practices like yoga or pilates. Gentle strength work and deep stretching will help relax the body and free the mind of clutter.