

# 27 Ways To Improve Your Sleep

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Quick Bit

*Thank you for taking the time to read this book.*

*My hope is that you leave at least 1% better than before you read this book and walk away with at least one takeaway.*

*I'd like to graciously ask that you help me by sharing this book with someone and/or reaching out to me about the book; your feedback helps me serve you better.*

*With Kindness,*

*Destiny*

## Sleep Improvements



## Lights Out

*Practice sleeping with all lights turned off.*



## Television Off

*Sleep without the television turned on; plus, you want to avoid unproductive subliminal messaging and advertisements getting inside your subconscious.*



## Noise Off

*Turn everything off: television, radio, music, notifications/alerts, etc.*



## Phone Off

*Turn your phone on silent mode (outside of any emergency contacts). Put your phone on silent mode so you can sleep peacefully without interruption.*



## Phone Away

*Don't sleep next to your phone; put it up and away. Your phone doesn't have to be far from you, but it doesn't have to be right next to your body, right up under your pillow, or anywhere on the bed.*



## Avoid The Lights

*Before you hit the sack, don't spend it on the screen. Prepare your eyes for bed.*



## Frequencies and Waves

*Some people prefer sleeping with noise; if this is the case for you, try meditative frequencies and waves.*



## Hydrate

*You don't need to drink a gallon of water before bed, but a glass can't hurt. While you sleep, your body dehydrates. Wake up refreshed and rejuvenated by hydrating before sleep.*



## Cleaner Diet

*Eat a clean diet if you want to improve your sleep. The cleaner your diet, the higher quality of sleep you're entitled to; the body loves clean foods.*



## Lighter Meals

*Before bed is not the time to eat your heaviest meal of the day. Give your digestive system a break while you sleep, and keep it light. Allow the body to focus on repairing and healing your body instead of digesting a big meal.*



## Skip the Carbs

*If you're going to sleep, you don't need a bunch of carbs. Protein and fats are your friends. Carbs are sugar. Instead of eating sugar right before bed (unless you're a bodybuilder), try a light meal of protein and fats.*



## Take A Walk

*Walking is an excellent way to calm the body and relax it. Try walking 1-2 hours before you call it a day.*



## Affirmations

*Speak positive affirmations over your sleep:*

*I am sleeping soundly.*

*My thoughts are quiet.*

*My sleep is undisturbed.*

*My mind is serene and tranquil.*

*I will wake up restored and energized.*

*I will experience quality sleep tonight.*



## Wash Your Bedding

*There's nothing like some clean sheets, blankets, and pillowcases; these things matter, and they feel damn good.*

*Wash your bedding routinely 1-2 times weekly to enhance your sleep environment.*



## Gentle Detergents Only

*When you wash your bedding, leverage a gentle detergent to avoid smelling intense fumes or itching your socks off during sleep.*



## Gentle Soap and Moisturizer

*Always use gentle soaps and moisturizers on your skin so you sleep comfortably without agitation.*



## Wash Your Face

*Don't underestimate how much a clean face can improve your sleep.*

*When you rest your face on that pillow, it will feel 10x better if your face is clean from the day's dirt.*



## Brush Those Teeth

*This could be entirely personal, but I sleep 100x times better when brushing my teeth before bed versus falling asleep without doing so.*

*Brush those teeth to enhance your sleep. Who wants their mouths to sit in sugar, caffeine, and all the food eaten for the day?*

*Go to sleep with a clean mouth!*



## FLOSS TOO

*Not only should you brush your teeth before bed,  
but you should also floss.*

*I've never met anyone who enjoyed flossing, but  
when you get all that gunk between your teeth,  
your mouth feels much cleaner.*

*When you're sleeping, a clean mouth makes a  
difference.*



## Get That Temperature Right

*What's the best temperature for your body? You shouldn't be sweating, but you also shouldn't be shivering. You might have to experiment to accurately determine the best temperature for your body; take all the time you need—temperature matters.*



Use the Bathroom

*Who wants to keep getting up all throughout the night to pee?*

*Not me.*

*Use the bathroom before you go to bed.*



## Take The Dogs Out One Final Time

*Not only should YOU pee, but you should also ensure your pets relieve themselves so everyone can be on the same page and sleep schedule.*

*Dogs waking up through the night to use the bathroom increases the noise levels and can cause significant interruptions to your sleep.*

*Do it all together.*



## Meditate

*Before going to sleep, practice meditation. Sit still, quiet the mind, quiet the body, quiet the spirit, quiet the soul, quiet the heart, and be present. Be in tune with your body and enjoy the silence and slow breathing.*



## Laughter

*Find something that can give you a hearty laugh 1-2 hours before bed. End the day on a positive note. Sleep with happier thoughts.*



## Have Tomorrow Planned

*When you know what you need to do when you need to do it, you function more efficiently.*

*Plan out your day before going to bed.*



## Deep Breathing

*Take 10-30 deep, slow breaths. Stay present.*



## Aromas

*Aromas can add a nice touch to your sleep—lavender, peppermint, rosemary, lemongrass, rose, etc. There are so many fantastic smells. Use ones that harmonize best with your energy, personality, and preferences, and notice how they can enhance your sleep.*

*Cheers to better sleep!*

Thank You For Reading

Thank you for reading this book.

Stay loved, blessed, lucky, favored, aware,  
joyous, enlightened, and committed to bettering  
yourself.