# The Rest of Your Life: 5 Hacks for Better Sleep

Sleep issues haunt people (sometimes daily) all year-round, and can become an ongoing nightmare. Try these five dreamy sleep hacks for the regular, rejuvenating sleep you need to function at your best.

### 5. Eat Early:

Eat your large meal at least 2-3 hours before bedtime. If you get hungry, have a light snack 45 minutes before you turn in for the night.



## 1. Train Your Sleep Cycles:

Whether you're a night owl (trouble getting to sleep) or a morning lark (trouble staying asleep), the single best thing you can do to ensure consistent, restful, restorative sleep, is to put your brain into the proper sleep states.\*

#### 2. Restorative Poses:

Certain "restorative" poses and movements in Yoga and Tai Chi can aid your ability to fall asleep and stay asleep.

#### 4. Set Limits:

Alcohol, cigarettes and caffeine can disrupt sleep. 'Nuff said.

## 3. Turn Off Your Computer/TV:

The light from your device activates your brain, as do TV programs or videos that spike your adrenaline (intense action, violence or crime). Calming activities, rather, such as reading (in print, not your e-reader), will help you wind down instead of ramp you up.

\* Centerpointe Research Institute, providers of world-famous Holosync neuro-audio technology, has developed an extraordinary, powerful tool to put your brainwaves into the proper states at the proper times, so you can get the restful, rejuvenating sleep you need. It's called the Holosync Sleep Suite and you can learn more at <a href="http://www.myholosync.com/sleep">www.myholosync.com/sleep</a>.

