

THE PM ROUTINE:



THE IMPORTANCE

I am an admittedly 'bad sleeper' - I have always been someone who feels like I don't need much sleep, in fact, if you ask anyone who knows me if they've ever heard me say that 'I'm tired', I'm very sure the answer will be, 'no'.

That said, as my business has expanded and I've felt like I need every ounce of energy I can possibly muster each day, I've started to take my sleep much more seriously. As we all know, while we are sleeping our body restores itself and there are infinite studies proving that the proper amount of sleep is linked to weight regulation, lower cortisol levels, and stronger immune systems.

I've tried just about everything to fall asleep faster, and stay asleep longer - here, I've outlined the exact formula that I believe not only helps you sleep well, but that also helps you wake up refreshed and ready to take on the day.

WHAT YOU'LL NEED

1. A sleep mask (this is the one I swear by)
2. Decaffeinated tea of your choice (I love mint medley)
3. Lavender oil (this is a great one)
4. A few mindless, informational books - hard copy only (I always keep this, this & this next to my bed)
5. A STRICT BEDTIME

THE ROUTINE

THE PREGAME

SET A WEEKDAY BEDTIME

To be successful in any routine, you need consistency - choose a weekday bedtime that you really try to stick to.

preferably one that allows for 7-8 hours of sleep

MAKE YOUR BED A SANCTUARY

Invest in great pillows (my fav) and amazing sheets (the best)

don't do anything other than have sex and sleep in your bed...you heard me, stop sleeping next to your laptop

LESSEN YOUR SUGAR INTAKE

The less sugar you consume before bed (namely alcoholic beverages & desserts), the less likely you are to 'crash' in the middle of the night

plus, you will wake up so much less puffy and so much more clear-headed - I have been choosing 2-3 nights a week to drink if I'm going to and make sure that I workout the next day to get my lymphatic system drained

THE PREGAME CONT.

ELIMINATE BLUE LIGHT

Okay, this is almost impossible as all of our screens emit blue light, but it keeps your brain active for much longer than you'd like, so here are some things to do to at least lessen your exposure to it:

- Wear blue light blocking glasses ([they actually help, I'm wearing these as we speak](#))
- Turn your 'night shift' on and your warmth up on your phone *you do this in your settings* - I also always have my brightness at about half
- Stop reading books on your phone
- Curb your screen time...tough, but worth it

THE WIND DOWN

60 MINUTES BEFORE BED

Make a cup of decaffeinated tea of your choice (warm lemon water works just as well) to signal to your body that it's time to start coming down from the day.

get in cozy clothes and don't consume any food beyond this point - allow yourself to properly digest. I also like to crack a window at this point to make sure I'm getting fresh air while I sleep and that it's cool in my room.

40 MINUTES BEFORE BED

Wash your face, brush your teeth and get ready for bed

I find it helpful to have a really solid routine that washes the day off before you get into bed
here's what I do:

- Cleanse/Wash my face with these cloths
- Put on a hydrating serum afterwards and let it soak in
- Brush/Floss while my serum is drying
- Apply a hydrating moisturizer + eye cream

this is a gender-neutral routine...men need to take care of their skin too!

THE WIND DOWN

30 MINUTES BEFORE BED

Get into bed and do the following:

- Turn the TV off / Stop looking at instagram
- Set the bedtime app for 7-8 hours from now (make sure you wake up to a pleasant sound) + turn your phone on do not disturb
- Put 2-3 drops of lavender oil on your wrists and inhale deeply - take 10 deep, long breaths
- Get your meditation queued up *see last step*

20-25 MINUTES BEFORE BED

Read 15 minutes of one of your books (these must be hard copy so that you're not looking at your phone)

I keep the same 3 books and rotate through them over and over - they all have to do with being calm, spiritual or sleeping well. I want these books to be informational so that my brain absorbs light, but valuable material before bed. I used to read fiction and my dreams were wild because the story would just continue in my dream state (no bueno).

THE LAY DOWN

BEDTIME

- Turn your meditation on (this is the one I use and believe is best for before bed)
- Put your sleep mask on
- Lay down and relax your body

your subconscious is wide open in the 15 minutes before you fall asleep, so whatever you are thinking carries into the next day with you, that's why I think a meditation that focuses on manifestation is crucial. If you are only able to think about your future in a positive light right before you fall asleep, those things are more likely to happen and you are more likely to have happy or resolution-oriented dreams

THE LAY DOWN

Going through this routine every night has helped me get my body into REM cycle more quickly and stay there longer - and while not every night is perfect, being consistent has resulted in me being well rested and waking up clear-headed. Follow up your restful night with our AM routine and stay ready to kick ass all week long. Sleep well!

If you are really having trouble sleeping or calming yourself/your brain down at the end of the day, here are some natural substances that might help (obviously, consult a doctor before taking anything):

- [Melatonin](#)
- [Natural Calm](#)
- [CBD drops](#)
- [SOM SLEEP](#)