

# ESSENTIALS GUIDE TO BETTER SLEEP



JUVEA™

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# TIPS FOR BETTER Sleep

INSTEAD OF :

TRY THIS :

Staying in bed when unable to sleep



Get out of bed and go to another room until you feel sleepy

Watching TV in the bedroom



Remove the TV from the bedroom

Not getting ready for sleep



Create a bedtime routine that helps you wind down

## SLEEP MYTHS



Adults need less sleep as they get older.

**FALSE! Poor or less sleep is not a normal part of aging.**



If you remember your dream, you slept well.

**FALSE! Just because we don't remember the dream, doesn't mean we didn't have restorative, restful sleep.**



Being able to fall asleep anytime/anywhere means you have a healthy sleep system.

**FALSE! It could actually mean that you're sleep deprived.**



Eating right before bed won't have an affect on the quality of your sleep.

**FALSE! After you eat, your body is focused on digestion so it is best not to eat within 2-3 hours of sleeping.**



If I nap during the day, I won't sleep at night.

**FALSE! Actually napping at the right time and for the right amount of time can improve your chances of dozing off sooner.**



### SLEEP TIP

Keep your sleep environment cool.



# TIPS FOR BETTER *Sleep*

## SLEEP SOLUTIONS FOR YOUR SIGN



Aries - Try a stress-reducing activity before bed like listening to your favorite song or meditating; your headstrong nature and excess energy can get in the way of a good night's sleep.



Taurus - Keep any conversations had before bed on the positive and light side; your tendency to argue can be disruptive to your sleep.



Gemini - Focus on your need for sleep and make it a priority every day by keeping a consistent bedtime; your curiosity and intellect can cause you to delay sleep.



Cancer - Focus on your sleep needs and what helps you best; you tend to worry about others and things beyond your control which can lead to restlessness and bad dreams.



Leo - Give yourself plenty of bed space in a peaceful environment; you love sleeping, but the circumstances need to be optimal.



Virgo - Create a 'Bedtime To-Do List' that includes having a cup of tea or taking a bath; you worry about getting everything on your list done during the day, so having a list for bedtime will help prioritize your sleep.



### **SLEEP TIP**

Eliminate light from your sleep environment.





# TIPS FOR BETTER *Sleep*

## SLEEP SOLUTIONS FOR YOUR SIGN



Libra - Prioritize your sleeping environment by making your bed every morning; you cherish your sleep but can't sleep just anywhere.



Scorpio - Schedule "early nights" each week so you can relax and recharge with a full night of rest; you tend to be a night owl and would rather do anything but put yourself to bed.



Sagittarius - Take naps to recharge; you are a social being who thrives off of others and loves adventure so sleep becomes a low priority.



Capricorn - Establish bedtime rituals you enjoy, like watching your favorite show or reading; you tend to be a workaholic and see sleeping as a waste of time, so enjoying the bedtime process will help.



Aquarius - Unplug at least an hour before bedtime; you can get distracted easily by technology and planning the next thing so keep your phone, laptop and tv out of your reach at night.



Pisces - Practice bedtime meditation; you feel deeply and can get overwhelmed easily, so focus on clearing your mind to get quality sleep.



### **SLEEP TIP**

Include more physical activity in your daily routine.



# HOLIDAY Gift Guide

We've curated a guide to the ultimate sleep environment this holiday season, to help you give the gift of health, wellness, relaxation and rejuvenation – perfect for the homebody or cozy enthusiast in your life!

## For the Cozy Homebody



 *the softest pjs*



 *the perfect pillow*




 *a silk sleep mask*



 *a rose scented candle*



*the dreamiest*  
 *quarter zip*

## For the Cozy Traveler




 *a quilted carry-on*



 *the travel perfect pillow*




*rejuvenating*  
 *under-eye masks*



 *an on-the-go*  
*sound machine*



*a refreshing*  
 *face mist*



*sustainable travel*  
 *containers*



Scan for link!



### Light Up Pen & Journal

Keep a pen that lights up along with a journal to jot down any thoughts that may be keeping you up at night.



### Essential Oils

Use essential oils like lavender and chamomile to help reduce anxiety and support a more restful night's sleep.



### Sleep Mask

Reduce exposure to light while you sleep with a contoured eye mask.



### Cherry Tart

100% organic tart cherry concentrate helps to support more restful sleep and combat insomnia.



### Magnesium

Adding a magnesium supplement to your daily routine can help regulate sleep.

# Our FAVORITE SLEEP PRODUCTS



### **SLEEP TIP**

Keep a sleep journal to track your sleep patterns.



# Our FAVORITE SLEEP PRODUCTS



## Kids' Sleep Clock

Support your child's sleep with a kids training alarm clock, sound machine, room temperature gauge, and night light all in one.



## Acupressure Mat

Try an acupressure mat to help improve circulation and relaxation to support quality sleep.



## Yoga For Everybody Video On Demand

Practice yoga from the comfort of your home to help combat stress and improve circulation to support better sleep.



## Oura Ring

Monitor your heart rate, get personalized health insights, and track sleep patterns with the Oura Ring.



## JUVEA Pillow

JUVEA Premium is made from 100% natural Talalay latex technology and wrapped with the finest 100% Mulberry Silk cover.



### **SLEEP TIP**

Try a natural sleep remedy.





# *A Sleep* PLAYLIST

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OCEAN EYES

Billie Eilish

FADE INTO YOU

Mazzy Star

I GO TO SLEEP

Sia

MR. SANDMAN

The Chordettes

*"Some kind of night  
into your darkness,  
Colors your eyes  
with what's not there,  
Fade into you"*

---

SEA OF LOVE

Cat Power

THE MOON SONG

Karen O

HALF THE WORLD AWAY

Aurora

GO AS A DREAM

Caroline Polachek



## **SLEEP TIP**

Wind down to a calming playlist.



### **SLEEP TIP**

Enjoy a nighttime snack at least 2 hours before you go to bed.

# *Bedtime Snack* SUGGESTIONS



1

## Cherries

Studies show that regular consumption of tart cherries and tart cherry juice combats insomnia, resulting in a reported 90 more minutes of sleep per night.



2

## Oatmeal

Oats contain magnesium as well as melatonin, the sleep hormone.



3

## Yogurt

Yogurt is rich in calcium, which some research suggests can make it easier to fall asleep and lead to more restorative sleep.



4

## Pistachios

Pistachios contain melatonin and tryptophan, both relating to sleep quality.



5

## Chamomile Tea

Chamomile tea can help aid in relaxation and help you to fall asleep faster.





**SLEEP TIP**

Choose sleep products that meet your specific sleep needs.

# Customize YOUR SLEEP

## *JUVEA Edit*

A customizable pillow that allows you to easily edit the firmness and support to meet your unique sleep style without the haste of removing or adding extra shred.



## *JUVEA Travel*

The sleep anywhere, anytime pillow that provides all of the same support and benefits of our full size line, in a convenient, lightweight style.







# *Our* STORY

JUVEA was created to bring 100% natural Talalay latex products to you and continues to be singularly focused on providing the highest quality natural latex pillows for you to achieve quality rest and relaxation, allowing you to wake up feeling rejuvenated and healthier. JUVEA products are made in the USA .





## CONTACT US!

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## FOLLOW ALONG FOR THE LATEST SLEEP TIPS!

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