

MAY
2021

Better Sleep Month



S M T W T F S

BioNeurix

#YearOfWellness Calendar

						1 Set a fixed sleeping time.
2 Tidy up one or more corners of your bedroom.	3 Wind down for the night. Dim the lights, pick some soothing tunes, & light up some incense.	4 Recite gratitude mantras at night, before going to sleep.	5 Try listening to white noise or ambient music.	6 Learn what are the best sleeping positions for better sleep.	7 Take your dinner before 7PM.	8 Go for a light exercise during daytime. An outside stroll or even stretching will do!
9 Celebrate Mother's day by giving your love ones a relaxing tea blend they can enjoy.	10 Try to set aside a "Worry Time" during the day and write away your anxious thoughts	11 Before you sleep, tell someone you love them & how much you appreciate them.	12 Try some gentle yoga stretches to help you relax & get better sleep.	13 Today remind yourself: "A good laugh & a long sleep are the best cures in the doctor's book."	14 Pick a new comfy pillow.*	15 Put away your phone at least 1 hour before going to sleep.
16 Soak up in the early morning sunshine.*	17 Practice the 4-7-8 breathing method to help you sleep tonight.	18 Learn a prayer of Gratitude.	19 Invest in a sleep tracker. It helps measure your sleep quality & quantity.	20 Create a relaxing bedtime routine you can keep.*	21 Place a potted jasmine or lavender in your bedroom.	22 Try not to read (or send) work emails after dinner.
23 Consider deep cleaning your mattress.	24 Try the Body Scan Meditation.	25 Post a special message online to show your appreciation for the women & men who have served our country.	26 Eat your way to amazing sleep!*	27 Learn the importance of Sleep Hygiene.	28 Take your time taking a nice warm bath.	29 Set your Thermostat at around 16-19°C for ideal bedroom temperature.
30 Open the windows and air out your bedroom.	31 Try doing a guided bedtime meditation.					

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