



The
Unltime
Guide to
Beauty Sleep

LUMITY
HEALTHY BEAUTY 24|7

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Introduction

It's one of the most precious, yet elusive things we all strive for: a peaceful, uninterrupted night's sleep. But how often do we get it? With busier, more stressful lives spent juggling jobs, family and friends, it's no wonder so many of us find it difficult to completely switch off at night. Lack of sleep is something widely discussed but that we rarely hear positive, effective answers or solutions for.

At Lumity, we firmly believe that a good night's sleep is the ultimate luxury and as such is completely priceless. That's why we've come up with what we feel is the perfect – yet natural – prescription to help you rest and rejuvenate, which is yours to keep for when you need it.

We've spoken to some of the world's leading experts on wellness and have discovered that there are lots of ways to harness the power of nature and help you to sleep well and thus feel beautiful and healthy – inside and out.

We hope you enjoy this as our gift to you.

A Session with Two Sleep Experts

Anjula Mutanda

knows all the secrets of a great night's sleep. We spoke to the leading British psychologist whose recent three-part TV series **'The Secrets of Sleep'** examined why so many of us have problems dozing off at night. We asked what she believes is behind this widespread sleeplessness and what we can do about it.

There's nothing worse than a bad night's sleep, and one of the most frequent problems that we hear are either issues with staying asleep at night or getting to sleep in the first place. Sadly, it's not a surprise – scientists have found that one third of the adult population suffer from sleep-related issues, which in turn can lead to a number of physical and mental health problems, as well as severely denting productivity.

What did Anjula tell us is the secret to getting that all-important rest?

"A lot of us are really anxious and stressed and that is often what causes problems with sleep," Anjula tells Lumity. "If we are stressed during the day then have these background worries in our minds; whether it's about money, or relationship issues, or problems at work, they're then keeping us awake at night."

"People feel overwhelmed and as if they're not coping with everything that's on their plates, but are too embarrassed to ask for help."

There are ways to fix this though Anjula explains: "Recognise that you need help."

"If you notice that you're suddenly losing your temper a lot more often, or having random outbursts of road rage for example, don't keep plodding on as if nothing is wrong."

"Instead, take a step back and truly examine your life as a whole. Sit down and have a few moments where you honestly ask yourself, 'What can I not cope with in my life?'...Jot it all down on a piece of paper. For example, if it's problems with money, ask, 'Can I go to the bank for help, or would sticking to a budget make things easier?'. Think of practical ways that can make your life less stressful."

Recognising that you need help is the first step and asking for help is the second: "If you need more support then ask for it. Perhaps the children are driving you crazy – think who can you can rely on and ask them to babysit and help out.

"Surround yourself with a coping network: By that I mean only spend time with friends and relatives who won't drain and

exhaust you and will instead be supportive."

'Sit down and have a few moments where you honestly ask yourself, 'What can I not cope with in my life?'

A healthy body leads to a healthy mind: "Try to make time in your day for some gentle exercise. Go for walks or go to the local pool for a swim. It can all be very simple but make looking after yourself and self-care a priority. Eat well, rather than stress-eating things like chocolate that will then keep you awake at night. If you exercise and eat well and focus on fixing as many of the things that stress you out, then you will sleep better."

Anjula has a gentle reminder for all of us: "If it's all too much then never be afraid to seek professional help. Sometimes sitting down and talking things through with an expert can be all it takes."

Oprah Winfrey can afford anything that money can buy and, alongside her personal gourmet chef, nutritionist and fitness trainer, is her sleep doctor,

Michael Breus.

Recognised as one of the world's leading sleep doctors, the Los Angeles-based specialist has helped a multitude of people to slip into silent slumber and he's revealed his number one tip for better sleep.

"Get up at the same time every morning,"

Given his incredible client list and credentials – he's a board-certified sleep specialist as well as a clinical psychologist – you might assume Dr. Breus has a top-secret piece of advice to dish out, but you would be wrong. His most trusted tip is really quite simple! He insists the key to getting a consistently good night's sleep is down to the time you get out of bed.

"Get up at the same time every morning," he recommends. "I know we all long for that weekend sleep-in, but to be honest, it can make you take on a jetlag feel."

It's important not to upset our circadian rhythm (also known as your body clock) and that's exactly what Oprah's doctor is saying.

"I would say the more consistent you are with your wake-up time – not your bedtime, but your wake-up time – the better off you are because as soon as you wake up and you get that sunlight, it resets your circadian clock."

Dr. Breus insists he has hundreds of sleep tips but if he could only pick one, that would be his recommendation.

"Wake up at the same time every day," he insists. "Including weekends."

"It's important not to upset our circadian rhythm,"



The Circadian Rhythm's Role in Sleep

We all know people who have invested money in a luxury wristwatch, but there's one clock that we all ought to be looking after and it's not something you put on your wall, your wrist or on your bedside table. Your circadian clock instead exists within your very body, and most people don't realise how important it is.

What is your circadian clock?

You may know it better as your 'body clock'. It's the 24-hour cycle within you that tells you when to eat, sleep, wake up and more. The clocks are most influenced by exposure to light – electric or sunlight – but our genes play a big role in how they work too.

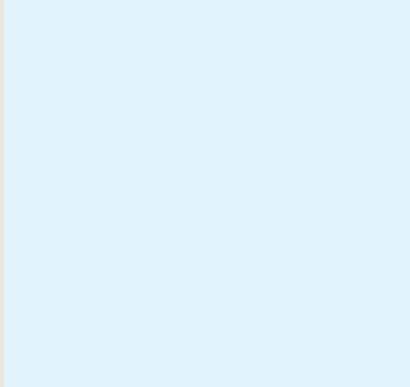
This explains why some people need more sleep than others and why certain medications affect users differently.

Why is your circadian clock so important?

Circadian clocks don't just tell you when to go to bed and when to wake up. Your organs, such as heart, liver and brain have cellular clocks too. These regulate when the organs function throughout the day.

When they lose their circadian rhythm – such as when you have jet lag or have a baby to look after during the night – they can no longer function efficiently. Over a long period of time this can cause health problems too.

How to make sure your circadian clock is working at its best?



There are several ways you can ensure you keep your body clock in sync and make it adjust quickly if it's rhythm is put out:

Turn Electronic Devices Off

"We may love our electronic devices, but they aren't doing our circadian rhythms much good," says Professor Mark Lorch of the University of Hull. "In the hour or two before bedtime your body starts to release sleep inducing signals. Blue light is known to reduce the amount of these signals that your body produces. The problem is our flat screen

devices produce plenty of that blue light. Staring at a laptop, tablet or phone before bed makes it much more difficult to drift off to sleep."

Expose Yourself to Daylight

When you wake up in the morning it's a good idea to get a good dose of daylight. It resets the body clock and keeps it in sync with the outside world. If it's pitch black when you have to get up, then research has shown that a stint in front of a light box can have the same effect. If you work in an office, try to get outside and away from your desk in the daytime too. Fresh air and daylight gives you energy and helps your body stay on the right track.

Dim the Lights

As the night starts to draw in, dim the lights, pull down the blinds and make your sleeping environment as dark as possible and as Professor Lorch says, "turn off your computer or TV!"

Watch What You Eat and When

Eating the wrong thing at the wrong time can also confuse your circadian clock. Research conducted at Harvard University found animals' circadian rhythms moved to match food availability. So, if your clock is out of sync, they suggest fasting for 16 hours – eat dinner at 4pm and don't eat again until 8am the next morning.

You've heard that skipping breakfast often leads to unwanted weight gain, because we often eat energy-dense junk food later on in the day to make up for it. But did you know that it also wreaks havoc on your hormones – because they start crying out for refined sugar and fat in a bid to fuel your body?

This can then cause you to put on extra pounds, and weight gain can lead to respiratory difficulties which disturbs your sleep. So it becomes a vicious circle, because when you don't sleep enough, your appetite increases, and the whole cycle continues on and on until, more often than not, a health crisis forces you to stop and make some lifestyle changes.

We are all so busy during the week that we are tired at weekends and so often spend longer in bed, if possible. But then it's easy to feel tired because you've had too much sleep. At weekends we often eat differently to the rest of the week, so that throws things out of balance too. If you go out on a Friday night and go to bed later than usual that confuses your body even more and then it's hard to get up on a Monday morning.

'So, if your clock is out of sync, they suggest fasting for 16 hours – eat dinner at 4pm and don't eat again until 8am the next morning.'



How to Fine-Tune your Body Clock

What is crucial to remember if you want to look and feel your best is not to mess around with your body's natural circadian rhythms. Our circadian rhythms of digestion, sleep, etc. interact to create a kind of timetable of the day and night which our bodies follow. A biological 'master clock' located in the central nervous system coordinates the different circadian clocks in order to keep them in sync.

Disturbed sleep and irregular mealtimes create corresponding disturbances in our circadian

clocks and make it difficult for the biological master clock to hold things together. This can contribute to all kinds of health problems, including diabetes, heart disease and hormone-related issues.

But in practice, other factors – like having small children or a heavy workload – often create chaos with our body clocks as well.

Getting the recommended eight hours of sleep isn't just good for your mood – and the dark circles under your eyes – it's great for keeping you looking and feeling your best too.

Why Do We Need Beauty Sleep?

We know sleep's good for the body; sufficient sleep improves your ability to cope with stress, boosts your immune system, and facilitates better concentration, memory and emotional balance. But it also keeps you looking your best.

The cells in our skin, hair and nails regenerate overnight and the facial muscles that create fine lines relax. Blood flow increases during sleep, delivering nutrients to skin, hair and nails. While your body is repairing your appearance from the inside out, night-time is also the right time to nourish and rehydrate the skin from the outside in with specifically formulated skin products.

Giving the body enough time through sleep to clear out waste products, repair and renew all cells is a vital step in keeping you and your skin young and healthy. So, sleep really can be your best and easiest beauty treatment ever.

How Much Sleep is Enough?

If you are not getting enough sleep, you are depriving your body of its recovery time. The result will rapidly become visible in your appearance as you accumulate unrepaired damage, which translates into premature ageing.

The amount of sleep we need is individual, but ranges between 6 to 10 hours a night. If you feel tired when the alarm goes off or during the day, you are probably not getting the right quantity or quality of sleep.

'The amount of sleep we need is individual, but ranges between 6 to 10 hours a night'

How Can We Sleep Better?

The body works best if we respect its biorhythmic cycles. Getting up and going to bed at the same time allows the body to establish a regular sleep-wake cycle and better harness the different operational modes between day and night, so that we are more alert and energised during the day and sleep more deeply and restfully at night.

During the day, your body is in action mode, busy fuelling all your energy requirements, fighting off aggressors and neutralising stress. But, while you sleep, your body switches to repair mode, blood flow increases, and the body recovers from the efforts of the day.

If restful sleep is elusive, we need to identify what might be inhibiting our sleep. Factors may include stress, excess consumption of stimulants, like coffee, cigarettes or alcohol, daytime napping, insufficient exercise and poor nutrition.

Ideally, the bedroom should be free of televisions, computers and phones, and you should allow yourself a space before sleep to wind down and relax.

A warm bath, meditation and bedtime routines such as brushing your teeth, washing your face and reading a book can all trigger the body's preparation to enter its sleep cycle.

A late-night snack can sometimes be the answer to sleeplessness as well. Carbohydrates trigger the release of insulin, which helps sleep-inducing nutrients to enter the brain to bring sleep on.

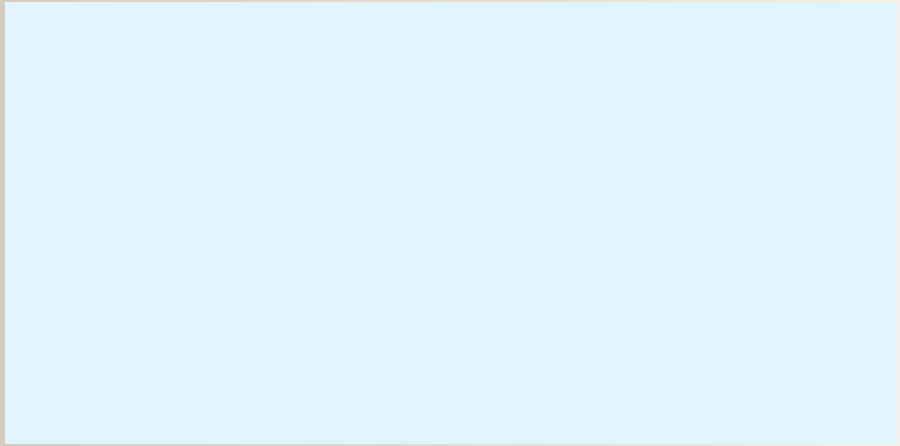
'Beauty sleep is vitally important to our health and to prolonging youth.'

Sufficient protein, which provides the body with the nutrients that are necessary to induce sleep, is an important component of good sleep, as are magnesium, selenium and vitamin D.

Beauty sleep is vitally important to our health and to prolonging youth. Stress management, exercise and nutrition provide the keys to enjoying the revitalising power of beauty sleep to the fullest.

Sleep is essential for everything from great health to looking and feeling your very best. But so many of us suffer from sleeplessness, whether it's falling into bed exhausted and then waking up continually throughout the night, or not being able to drift off in the first place, it's clear that the stresses of modern life are denting our chances of getting that all-important eight hours a night.

Evening Rituals To Help You Rest



Now we've looked at the factors behind why we don't sleep and why we need sleep, let's take a look at simple routines that will help support your body as it shifts into sleep mode.

Make Time for You After 9pm

Once the kids are in bed and the last work email of the day has been answered, switch off your phone and stay away from social media and the Internet.

Hopping online or streaming your favourite TV show before

bed will stimulate your brain, which in turn will see you lying awake once you snuggle up under the covers.

Instead, set aside an hour of 'you time' every single evening. Make it a set time that you try to adhere to every evening where you switch off. This is a sacred hour of your day which is for you and you alone, so don't send emails (they can always wait until morning) or prepping for the next day. Instead, curl up with a great book and luxuriate in the peace and quiet.

Take Magnesium Baths

Magnesium is a brilliant natural stress buster and will help your body unwind before you go to bed. A small cup of Epsom salts and a few drops of your favourite essential oil mixed together in a warm bath will make a wonderfully relaxing anxiety remedy that will leaving you feeling like you've had an at home spa treatment.

Make A Bedtime Golden Milk Drink

Remember when you were a child and you'd have warm milk and a bath before bed? Well, that routine served as a signal to your brain that it was time to get into sleep mode. Having the same bedtime every night in the week is a good idea for adults too, where possible, as is having a warming, comforting drink before bed.

Recipe for A Soothing Bedtime Drink

Here's an easy recipe for golden milk, which contains turmeric – it is anti-inflammatory and calming so will banish any residual worries from the day and help you sleep.

Method:

Whisk a cup of coconut milk, a pinch of cinnamon, a pinch of turmeric (or if you have root use about an inch, peeled), ginger (the same amount of turmeric), a dash of honey, a drizzle of coconut oil, a couple of crunches of ground peppercorns, and 1 cup of water in a small saucepan; bring to a low boil.

Reduce heat and simmer until flavours have melded, which will be about 10 minutes.

Strain through a fine-mesh sieve into mugs and top with a dash of cinnamon. – Serves two.

Crisp Sheets, Cotton Pyjamas and Slippers

There's nothing better than slipping into soft brushed cotton pyjamas and fluffy slippers before dimming the lights to enjoy luxuriating in freshly laundered sheets. Put twinkly lights in your bedroom along with extra-large silk throw pillows. You won't be able to walk past your bedroom without being lured in and those long to-do lists will soon be a distant memory as you find yourself curling up and drifting off to sleep.

Meditate

You can ready your mind for meditation while you're in the bath or shower; close your eyes and picture the water washing away the stress of the day and take some deep breaths in and out. Every time something stressful pops into your brain, simply say out loud "shhh" and banish the thought. You can also do this as you lie on your bed.

As the seasons change our body's circadian rhythms can get

confused, which often results in either sleeping too much, or too little, as the nights grow longer, or the mornings get lighter. It's also probably why a lot of people suffer from seasonal fatigue and feel worn down and out of sorts when we go from winter to spring.

'Every time something stressful pops into your brain, simply say out loud "shhh" and banish the thought.'

Bella Hadid, who regularly flies across the globe for her career as a fashion model, says that she uses music if she's jetlagged and having trouble sleeping: "I recently started listening to meditation music which makes me have a deeper sleep, even if I just have four hours. I'm usually out by the fourth song."

We're big fans of meditating at Lumity, especially as it helps ease chronic stress, which is one of the main culprits behind a multitude of illnesses and diseases.

"Meditation is now gaining mainstream recognition through scientific research for its ability to reduce stress,"

explains Shona Wilkinson, who is a nutritionist. "Those in stressful jobs or situations can benefit enormously from meditative practice. It can be done anywhere, such as on the bus or train into work and even 5 minutes can be helpful to clear your mind and feel refreshed."



A Hypnotherapist's Five-Step Guide for Sleep

Ailsa Frank

who is a British hypnotherapist, says: "Quality sleep is about prioritising and preparing yourself for sleep."

Here's her five-step guide:

Step 1

Slow your day down by moving in a calmer way, taking deep breaths at intervals throughout the day and speaking positively to yourself that you can, and you will easily complete everything that needs to be done.

Step 2

Take control of your thoughts by writing down any worries you may have or any tasks that need to be done tomorrow. This will free your mind from the clutter in your head and will help you to be more prepared for bedtime and the morning.

Step 3

Quiet-time visualisation. Find a quiet place and sit in a relaxed position with your eyes closed. Then visualise yourself walking along a beach, with the waves coming in and out on the shore. Imagine the beach represents your whole life, and each grain of sand symbolises your skills, talents and experiences. Imagine you are holding a handful of sand that represents your stresses. See how small the sand grains are in comparison with the vastness of the whole beach. Allow them to slip through your fingers as you imagine letting go of your problems and the waves washing them away. There will always be things we have to deal with in life, so you will always have a small pile of sand in your hand, but you can let it go each day. (try this technique on the train or bus home or after dinner in the evening).

Step 4

Bedtime. Quietly and calmly enter the bedroom. Once you are in bed, feel the softness and protection of the bedclothes. Be aware of the feeling of being inside your body.

Step 5

Rapid eye-blinking technique. (This technique relaxes you and tires your eyelids.) Lay comfortably in the dark with your eyes open. Begin counting backwards from 300 in your mind, slowly count the numbers, until you feel you can't keep your eyes open any longer. Then blink rapidly, as fast as you can, for 30 seconds, or until your eyelids begin to feel heavy. When you can't blink your eyes anymore, close them, and feel yourself let go as you sink into the bed beneath you and drift off to sleep.

Sleep Friendly Pillow Scents

Many of us love essential oils, so it might be music to your ears to know that by blending certain combinations of your favourite scents that you can increase their potency and perhaps even ease two related ailments at once.

First things first: How to blend essential oils at home?

While DIY oil blending is fun, fairly simple and natural just beware that essential oils are also very strong. So, it's often better to dilute them in a carrier oil, like olive oil, coconut oil or jojoba oil first. The guide for a normal adult is 2% dilution. So, aim for two drops of essential oil per teaspoon of carrier oil.

Which essential oils work best for sleep?

When Lavender and Bergamot are blended together they work wonders for a great night's sleep. Just a few drops of this sleepy combo on your pillow case could help you drift off to sleep in no time.

Lavender has been shown to lower the stress hormone, cortisol, and make you fall asleep more rapidly.

Uplifting Bergamot shares many of the same qualities as Lavender and the combination of Bergamot's citrus scent and Lavender's earthiness makes for a heavenly sleep aid.

What to do if you toss and turn at night?

If your issue is that you toss and turn as you desperately try to fall asleep, then this calming and relaxing combination could be the key to helping you drop off without an hour of flailing in the sheets.

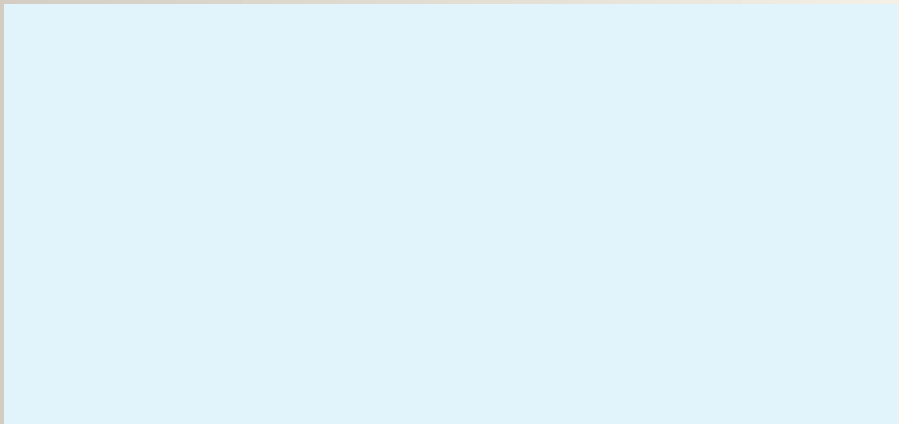
4 drops of lavender essential oil
2 drops of orange essential oil
2 drops of ylang-ylang essential oil
2 drops of cedarwood essential oil

What to do if you're stressed?

Stress can not only keep you from falling asleep, it can cause you to wake up in the middle of the night too.

This earthy group of essential oils have fabulous calming and sedative properties.

4 drops of clary sage essential oil
3 drops of cedarwood essential oil
1 drop of sandalwood essential oil



How to switch off before you go to sleep?

Bedtime is supposed to be a time of relaxation, an opportunity to dream a little dream and switch off. But what if you shut your eyes and your brain goes into overdrive? Try this recipe, which includes vetiver – a natural mind relaxant – to help shut down your overactive brain and induce sleep.

4 drops of jasmine essential oil

2 drops of cedarwood essential oil

2 drops of roman chamomile essential oil

2 drops of vetiver essential oil

What to do if you're a light sleeper?

Ever had a whole eight hours of sleep only to wake up feeling like you've barely had two? This could be because you're not getting enough rejuvenating R.E.M sleep. If you're a light sleeper try this recipe which contains natural sedative bergamot and sandalwood which helps improve R.E.M.

4 drops of bergamot essential oil

2 drops of sandalwood essential oil

2 drops of lavender essential oil

Which essential oils work best for sleep?

Lavender and ylang ylang oils are both known for their antidepressant, antiseptic, hypotensive, nervine and sedative qualities. A few drops of either on your pillow at bedtime will also work wonders to help you drift off to sleep.

Yoga Workshop for Sleep

Nadia Narain

is a British yoga teacher and author who has garnered a cult following from students including Reese Witherspoon, Gwyneth Paltrow and Lily Cole. She has also co-authored two best-selling wellbeing books with her sister Katia Narain-Philips which has seen the pair acclaimed as like, 'Marie Kondo for the mind'.

At Lumity we love that idea and firmly believe that wellness isn't just a trend or a buzzword, but a mindset and a way of life.

Nadia has put together this yoga calming routine, which she says is perfect to do in the evenings to calm you, so you can have a

good night's sleep. All you need is a yoga mat and ten minutes of quiet, so you can listen to her voice as she talks you through the moves.

It's ideal to try to include it in your bedtime routine, or when you're home after a particularly demanding day. Try to do it at least several times a week, but we'd recommend that you do it every evening during particularly stressful times.

It will take you just under ten minutes to complete. And once you're in the mood for self-care, you might also want to try the Nichola Joss night time facial massage.

[Click to watch video](#)

Aromatherapy Massage – A Treatment to Naturally Promote Sleep

If you've ever had a full body massage you'll know it's difficult not to drift off into a relaxing silent slumber, but you can't hire a professional masseuse every night to help you get to sleep.

You can however give yourself a massage which will send you off to sleep in no time. Before you awkwardly attempt to give your shoulders a squeeze and dig your knuckles into your lower back, know that you can relax by simply giving yourself a bedtime facial massage.

Nichole Joss

– who is a Scottish facialist who boasts an impressive client list including Meghan Markle, Gisele Bundchen and Gwyneth

Paltrow – swears by nightly facial massage to aid a good night's sleep.

"Massaging Lumity Facial Oil into the skin at night before you go to bed really helps to remove tension and stress from the muscles," she says.

The more you massage, the better your skin will look. "Spend a few minutes really pushing and massaging the oils as a treatment into the skin," she adds. "It helps keep the contours of the face lifted and toned."

Nichola has given us a step-by-step guide to her bespoke facial massage technique – so you can do it on yourself each night before you go to bed.

[Click to watch video](#)

Clear your mind.

You can even think of your facial massage as a mini-meditation. Shut your eyes and concentrate on your breathing as you gently massage your face and clear your mind. You'll be asleep before you know it.

How to Deal With Sleep Deprivation

Knowing the cause of what's waking you up in the night – whether it's noisy neighbours, worries about your career, or your kids never allowing you to get a full eight hours – doesn't necessarily make things any better. If anything, it can make you feel trapped and as if you'll never sleep well again.

But, there are certain things that you can do that could help to make you feel better.

If you're being kept awake by noisy neighbours, your own children, or a snoring partner, your best weapon is talking to them in a calm and polite manner. It really is hellish drifting

off to sleep, only to be jolted awake because your husband has started to snore, or the neighbours are throwing a party night after night. You could buy them slippers if they're walking around on a hard floor and causing noise, or a rug which will help muffle some of the sound.

Try whatever you can to find a solution. You can also try using an app to get to sleep – like a white noise or meditation app. If you have a new-born, remember that they will sleep through the night eventually and it's a temporary situation. The more relaxed you are, the more likely your baby is to take its cues from you and go to sleep.

How to Create Good Sleep Hygiene

Creating good sleep hygiene will require you to make changes to your daily routine. Some simple tips like 'going to bed at the same time everyday' may seem easy enough – but we really do mean every single day. Which means no staying up late on a Saturday night and sleeping in on Sunday. This won't always be possible, but if you can keep the hours as close to your regular schedule as possible, that helps.

No coffee in the afternoon is also another one that people find hard to change. In fact, this leads to another quick way to discover how good a person's sleep is – simply ask them how they feel at about 2/3pm in the afternoon? If the answer is that it's hard to get through without a pick-me-up like sugar or coffee, then you know this person's sleep could do with regulating.

- Decide that sleep is an important priority in your life

- Limit naps to a shorter duration

- Sleep and rise at the same time everyday

- Keep the room where you sleep cool, comfortable and inviting

- Use sleep eye-masks or blackout curtains to keep the room dark enough at night and make sure enough light can come in to wake you up the next morning

- Don't drink coffee or take caffeinated drinks after 3pm

- Eat dinner at least 2-3 hours before sleeping so you have enough time for digestion

- Avoid bright lights after sundown, by using soft lamps at home and avoid contact with digital devices (mobiles, laptop etc) at least an hour before bed

- Avoid alcohol before bed, while you may think it helps you relax, it can actually cause problems for attaining good sleep

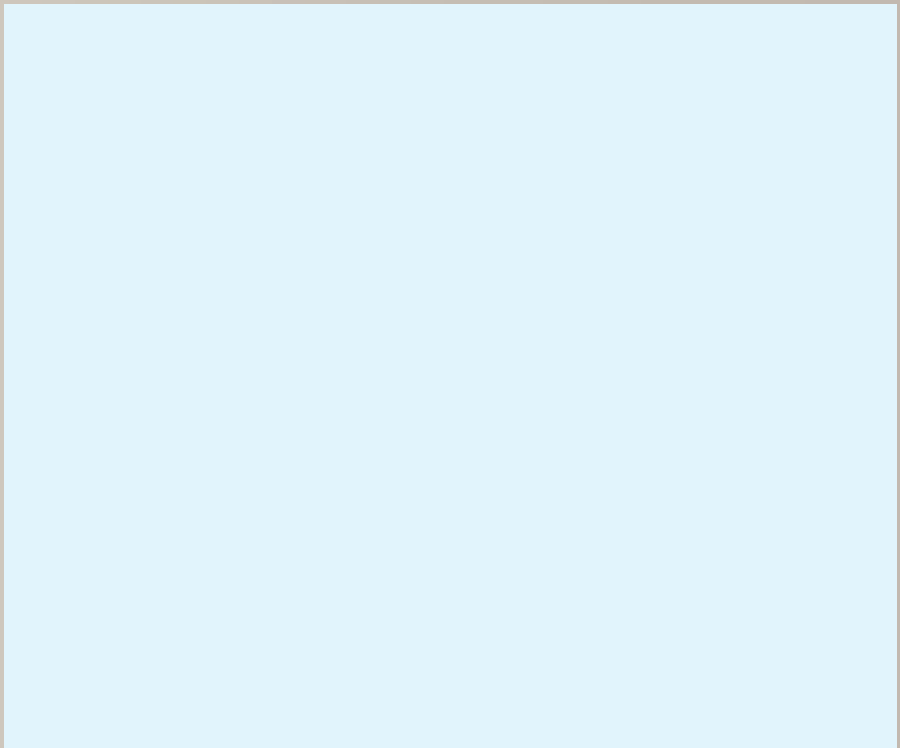
- Make sure you are active during the day, so that you feel naturally tired at night

- Keep a diary or a to-do list, so you can jot the contents of your mind before you sleep, so that thoughts don't keep you up at night

Don't Stress Out Over Not Sleeping

Getting to sleep and staying asleep can sometimes be psychological. If you say to yourself before you go to bed that you're happy to just lie there and rest rather than putting all this pressure on yourself to sleep, you're more likely to drift off without any problems at all.

If you start worrying about something, use the 5-5 rule: This is that if you won't be worried about something in 5 years' time you only allow yourself 5 minutes to think about it in the here and now – after that, call time on the problem and stop thinking about it.





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