


# THE NED GUIDE TO BETTER SLEEP

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Sleep Hacks — Natural Sleep Remedies That Actually Work  
5 experts share their secret to a good night's sleep!

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**Good health  
begins with  
good sleep.**

Sleep is the most natural thing we can do to help prevent illness and promote health. But sometimes the most natural things don't come . . . naturally.

According to Malcolm Gladwell, it takes 10,000 hours of practice to become an expert. If this were true, wouldn't we all be sleep experts? Instead, 30% of Americans experience insomnia. If you're one of them, Ned's here to help.

We reached out to some of our friends to share their favorite tried and tested sleep hacks, so you can get your sleep on the right track.

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## Max Lugarvere | @maxlugavere

Bestselling author of 'Genius Foods' & host of The Genius Life podcast

Max suggests spending at least 30 minutes outside in the daylight every day (ideally in the morning) to influence your circadian rhythm, your body's 24-hour internal clock that regulates your sleep-wake cycle. Basking in the light signals your brain that it's time to wake up. This practice sets you up for a successful night's sleep when it comes to resting your head later in the evening.



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## Christina Rice | @christinaricewellness

Functional Nutritional Therapy Practitioner & Holistic Health Coach



Christina suggests turning off all the main lights in your home when the sun goes down and turning on a Himalayan salt lamp. Blue light emitted from lightbulbs and screens disrupt the release of melatonin, the hormone that tells your body when it's time to sleep. If you're going to look at a screen, she recommends wearing blue light blocking glasses.

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## Addie Martanovic | @chickpeainthecity

Founder of Chickpea in the City



Addie suggests blending up a magical sleep concoction to take before bed. Addie's Sleep Elixir

- 1 cup warm coconut milk
- 1 dropper of Ned 1500mg Full Spectrum Hemp Oil
- 1 pack of Four Sigmatic Reishi Elixir
- 1 serving collagen powder

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## Crosby Taylor | @crosbytaylor

Celebrity Health Coach & Sugar Free Dessert Chef



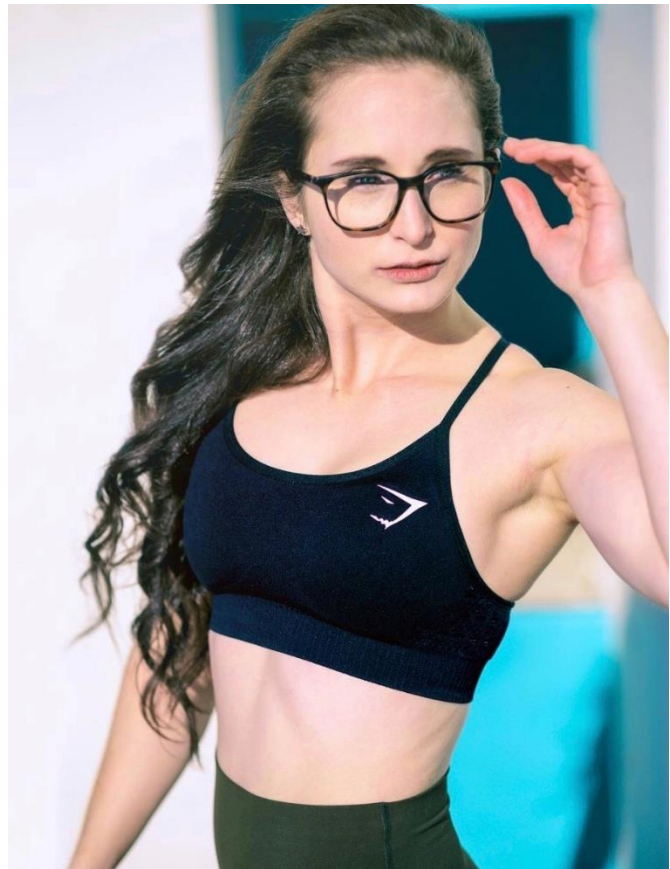
Crosby suggests eating mostly anabolic foods (grass-fed butter, full-fat kefir, animal proteins, or over-easy eggs) for dinner. He also recommends sweet potatoes, as they stimulate production of the sleep hormone melatonin.

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## Marisa | @missfitandnerdy

Certified Personal Trainer & Fitness Nutrition Specialist

Marisa suggests making her healthy hot chocolate with the adaptogen ashwagandha, saying “taking ashwagandha about 1-2 hours before I go to sleep makes a world of difference in how fast I can fall asleep and in my sleep quality.”



### Marisa's Sleepy Hot Chocolate

- 1 cup warm almond milk
- ½ teaspoon ashwagandha powder
- 1 tablespoon cacao powder
- 1 teaspoon maple syrup
- ½ teaspoon cinnamon
- 1 teaspoon coconut oil



## COMING SUMMER 2020 . . .

Ned Sleep Blend — a proprietary blend of wildcrafted botanicals and small batch full spectrum hemp with elevated levels of CBN.

CBN, short for cannabitol, is a minor cannabinoid naturally occurring in the hemp plant that can offer a gently sedative effect and functional support for a restful night's sleep.

The botanical blend, which is infused with organic MCT oil, contains a powerful list of traditional sleep aids including valerian, passion flower, skullcap, chamomile, oatstraw, nettles, lemon balm, licorice, and calendula. Ned botanist and formulator, Annie Miller, carefully selected the additional organic and wildcrafted botanicals to craft a powerful, well rounded, and natural path to steady, consistent sleep.

Rest your head with some Ned before bed!

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