



## GOAL SESSION 3 SLEEP

Join our [Facebook group](#)

Our PDF booklet with meal planner pages, pacing, gratitude etc [here](#)

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Epsom Salts bath.

Epsom salts contain magnesium and it is believed that magnesium can be absorbed through the skin. It can also help with detoxing the body and with relaxing muscles.

Add 1-2 cups of magnesium salts to a warm bath.

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Other natural alternatives to aid sleep that you can slowly introduce.

[Valerian](#)

[Lavender](#)

[Chamomile and other teas](#)

[Tryptophan rich foods](#)

Preparing for sleep. Some Dos and Don'ts that might help.

- Keep to a routine so your body gets used to it.
- Eat your last meal at least 3 hours before sleep.
- Avoid caffeine (tea, coffee, coke, dark chocolate etc) in the afternoon/evening.
- Keep the house/room you sleep in cool in the evening, around 17 degrees.
- Reduce your use of TVs, phones, laptops etc in the run up to sleep. At least an hour before.
- Keep your room as dark as possible.
- Try and go for a walk or do some physical activity during the day.

Recommended amounts of sleep.

- Children aged 6-13 9-11 hours
- Teenagers 8-10 hours
- Adults over 18 7-9 hours
- Over 65s 7 or more hours

Useful websites:

[NHS Sleepstation](#)

[Relaxation meditations](#)

[Our sleep course](#)

