



**30 DAYS TO BETTER SLEEP
TO LOSE YOUR MENOPAUSE BELLY**

— *Shawna Kaminski* —

★ 30 DAYS TO BETTER SLEEP ★ TO LOSE YOUR MENOPAUSE BELLY ★



You can set yourself up for better rest by practicing these positive sleep habits, even if 'menopause issues' are troubling you. Use these tips to improve your sleep in only 30 days. You'll learn to sleep more soundly and improve energy levels.

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01



Prioritize exercise. Consistent exercise will increase your energy levels during the day, improve your mood and improve quality of sleep at night.

02



Make your bedroom a sanctuary of calm and relaxation. Avoid use of electronics in the bedroom as much as possible.

03



Keep a regular schedule. Try to go to bed and wake at the same time, even on the weekends.

04



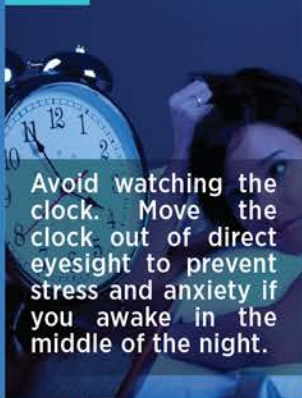
Be positive. People tend to experience better health in general when they adopt a positive attitude.

05



Reduce stress as much as possible. Uncontrolled stress leads to insomnia and elevated cortisol levels that will pack on belly fat.

06



Avoid watching the clock. Move the clock out of direct eyesight to prevent stress and anxiety if you awake in the middle of the night.

07



Create a 'to do' list or write in a journal prior to bed so you can 'let it all out' and clear your mind.

08



Do not have a heavy meal before retiring, which can interfere with sleep. Try a light snack to avoid a growling stomach.

09



Try to create complete darkness where you sleep, even if it means wearing a sleep mask.

10



Plan to retire earlier, even if you aren't tired. If you set the scene for sleep, it will more likely happen.

11



Plan regular meals throughout the day to stay alert and sustain energy levels.

12



Resist hitting the snooze button, oversleeping can actually make you feel more tired.

13



Go easy on the caffeine. Allow 1-2 cups of java during the day and avoid any caffeine 4 hours before bed.

14



Plan your workout earlier in the day, working out close to bed time, even within 3-4 hours can make it difficult to fall asleep.

15



Zen out - allow for a little recreation daily, even if it's 5 minutes of meditation.

16



Make it rain...try some white noise, like the sound of the rain forest to relax you and drown out other unpleasant sounds.

17



Put a note pad by your bed. If thoughts keep creeping into your head, jot them down and try to fall back asleep.

18



Nap wisely. A nap can rejuvenate you if it's 20 minutes or less, any longer and you may feel groggy or not be able to sleep at night.

19



If you can tolerate dairy, consume a warm or cold glass of milk to increase your levels of tryptophan which helps induce sleep.

20



Go natural. Try the natural sleep aid, melatonin before over the counter or prescription sleep aids.

21



Start and stick to a sleep routine. Certain actions associated with sleep will help your body wind down.

22



Check in with your doctor if sleeplessness persists. You may have something else going on.

23



Reduce or avoid alcohol four hours before bed. You may fall asleep, but you likely will not stay asleep or get quality sleep with alcohol in your system.

24



Check your meds. Sometimes other medications can interfere with sleep, read all labels or check with your pharmacist.

25



Most people sleep best in 60-67F, a cool room signals the body to sleep since our body temperature naturally lowers during sleep.

26



Prevent heartburn, indigestion and energy boosts by not eating too close to bedtime.

27



Stop and smell the flowers, scents like lavender and chamomile can be soothing and relaxing.

28



Getting plenty of sunshine in the morning and dim lighting in the evening to help to set your circadian rhythm.

29



Turn off electronics 30-60 minutes before retiring. The blue light from screens interfere with the body's ability to get into the later stages of the most restful REM sleep.

30



Choose bedding that's most comfortable for you. Comfort is key from your mattress to your pillow to your sheets and blankets.

