



night
rest

Are you sleeping yet?

Improve your sleep quality

- Enjoy an evening walk and sense the natural world all around you.
- Before going to bed, write down all of the thoughts on your mind (diary, to-do list) and experience how calmness arises.
- Before going to bed, take a footbath of approx. 20 min.: Immerse both feet in a tub with approx. 33 °C warm water. Warm this up to a maximum of 40 °C by running hot water into it. Look forward to the upcoming rest.

- In bed: Place a warm grape seed pillow or a hot water bottle as well as your hands on your stomach, breathe in and out calmly through your nose and observe the rising and falling of your breath.

Tips:

1. Ideal bedroom temperature: 16 – 18 °C.
2. Darken your bedroom. The sleep-inducing hormone melatonin increases and makes us sleepy when it gets dark.
3. Switch off blue light (TV, mobile phones, tablets) 30 minutes before going to bed.
4. Lavender scent soothes (oil, room spray, bath).