

Pro Tip: How to Sleep like a Champ



PRO FITLIFE ARCHIVE



Unplug from Screens

Stop using phones or computers at least one hour before going to sleep. The bright light can mess with your sleep hormones.



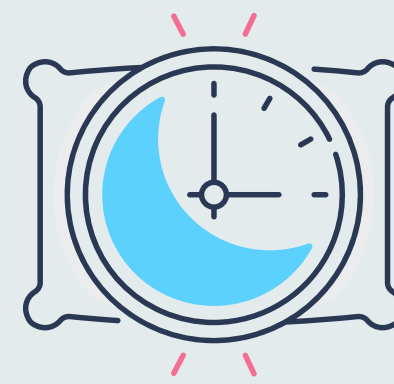
Relaxing Routine

Take a warm bath, doing gentle yoga, or reading a book. These activities tell your body it's time to wind down.



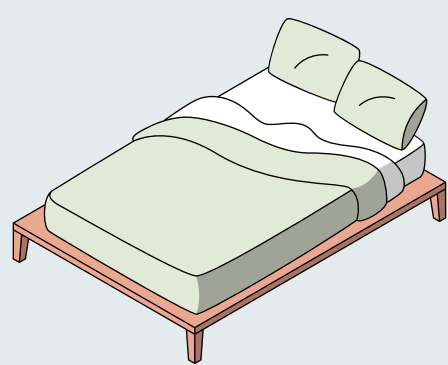
Snack Smart

Have a light snack that helps you sleep. Good options are a banana, yogurt, or a small handful of nuts.



Set the Scene

Make your bedroom perfect for sleep. Dim the lights and adjust the temperature. Blackout curtains can help block out light from outside.



Make It Comfy

Get a comfortable mattress and pillows. Wear comfy pajamas. Being comfortable helps you sleep better.



Relax Your Mind

Use relaxation techniques like deep breathing or meditation. You can also use calming scents like lavender with essential oils.



Reflect and Plan

Take a moment to think about what went well today and make a quick list of what you need to do tomorrow. This can clear your mind.



Skip Stimulants

Avoid things like caffeine or nicotine a few hours before bedtime. Try a calming tea like chamomile instead.



Stick to a Schedule

Go to bed and wake up at the same time every day. This helps your body get into a routine.



Say No to Work

Stop doing work-related stuff about an hour before bed. Let your mind switch from work mode to relaxation.