

WILLOW HYPNOSIS

Sleep Preparation Checklist

- ✓ Begin sleep preparation ideally no later than 10:00 p.m.
- ✓ Humans are biologically designed to go to sleep shortly after sundown so allow yourself to go to sleep as early as possible keeping in mind that your bodies systems do the bulk of their recharging and recovery between the hours of 11 p.m. and 1 a.m.

Preparing your Environment

- ✓ Check the thermostat to make sure the temperature is set below 70 degrees.
- ✓ Turn off the TV and put your work away as they will over stimulate the brain
- ✓ Create the darkest environment possible, as even the smallest bit of light can be disruptive.
- ✓ Keep the lights in the bathroom off or as dim as possible as lights on will cease the production of melatonin, which is a very important sleep aid.
- ✓ Avoid sleeping with your head near an outlet or too close to any other electronic device including the TV, alarm clock, PDA or cell phones as they emit electromagnetic fields that disrupt sleep.

Preparing Body & Mind

- ✓ Avoid caffeine as even an afternoon cup of coffee or tea can affect your sleep.
- ✓ Avoid starchy or sugary snacks and alcohol before bed as they will cause your blood sugar to rise and then fall inhibits sleep. Alcohol also prevents the deeper healing stages of sleep.
- ✓ Avoid drinking fluids 2 hours before going to be to reduce the need to use the bathroom in the middle of the night and be sure to go to the bathroom right before bed.
- ✓ Have a high-protein snack several hours before bed
- ✓ Consider reading something spiritual or inspirational to help your mind relax and shift into a positive state.
- ✓ If your mind is racing take a minute to write out what's on your mind under the heading of "I'll pick these thoughts up in the morning." Writing them down will get them out of your head; will allow your mind the comfort of knowing they've been captured and will give you the opportunity to look at them afresh in the morning to decide whether they're actually as important and challenging as you thought they were the night before.