

5 Simple Tips To Sleep Better



Breathe deeply. Inhale for 3-5 seconds, hold, exhale for 3-5 seconds.



Go to sleep no later than 10:30pm to keep your natural circadian rhythm.



Slow your pulse. You can improve this by eating healthy potassium-rich foods.



Sleep on your right side to open up the heart.



Use Dr. Berg's Neck and Back Massager to relieve certain acupressure points in your neck and adrenals and pull out stress.



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Keith Barry



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