

5 Simple Tips To Sleep Better



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



Sleep on your right
side to open up
the heart.



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.



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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