

# 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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