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# I CAN'T SLEEP

**Insomnia ruining your night and day, here is what you need to know.**

You aren't alone if you have trouble falling and staying asleep. 1 in 3 people experience sleeplessness throughout their lifetime. Without proper sleep your body begins to age and show signs of degeneration. **With good sleep your body can heal and rejuvenate.** Not only is it a health issue, but insomniacs are also more likely to be depressed, anxious, and overweight.

Sleeping pills are fine in the short term but ideally you can solve sleeplessness without medication. So, if counting sheep isn't working for you, try this.



- Take a warm bath
- Wear socks to bed
- No Alcohol
- No Coffine
- Keep a bed time
- Get out of bed if your not sleeping
- No daytime naps
- No Distractions (Phone/com puter)
- Exercise daily
- Brain train daily
- Don't smoke
- No large meals before bed

**MEMBERS:** As always, your provider is just a phone call or text message away. It's better to be safe than sorry. Reach out if you are worried or if this protocol isn't helping.