

Regardless of your age, everyone needs a great night's sleep. Getting between 7-9 hours consistently is an optimal amount for most adults.

Sound sleep will rejuvenate your cells and help keep cortisol levels lower which can promote successful weight loss and insure subsequent maintenance.

Remember to include the 5 ingredients in Count2indulge's Recipe for Success everyday to insure a good night's rest. Since each person is a unique individual, check out the following suggestions to see which yield the best results for improving your sleep life.

- 1-Keep the same bedtime and waketime every day.
- 2-Use your bed only for sleep and sex.
- 3-Limit daytime naps to about 20 minutes.
- 4-Cut down on caffeine, use alcohol cautiously and avoid tobacco smoking.
- 5-Remove all electronic devices from your bedroom.
- 6-Create a quiet, dark, uncluttered and cool temp sleep space.
- 7-Don't eat a heavy meal late into the day.
- 8-Develop a bedtime routine for every night.
- 9-Increase sunlight exposure during the day
- 10-Reduce blue light exposure in the evening.
- 11-Invest in a comfy mattress and pillow.
- 12-Don't drink fluids 1-2 hours before bedtime.
- 13-Listen to white noise and/or practice deep breathing once in bed.
- 14-Keep pets out of your bed.
- 15-Check with your health provider for herbal sleep aids such as CBD oil, valerian root and chamomile.
- 16-Check with your health provider for suggestions in your nutrient deficiencies and supplements such as magnesium, potassium and calcium. Check to see whether you are a candidate to use a hot tub as well.
- 17-Amino acids and hormones can play important roles in sleep also. Ask your health provider about melatonin etc.
- 18-If nothing is working then check with your doctor to rule out sleep disorders.
- 19-Only take sleeping pills as a last resort.

And to repeat Michelle's first tip... "A nice hot bath with epsom salts is very relaxing and has lots of magnesium.