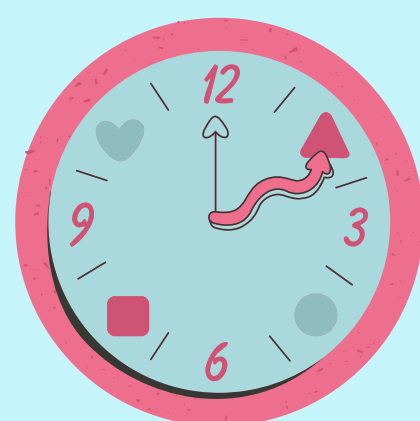


# MELI SLEEP GUIDE

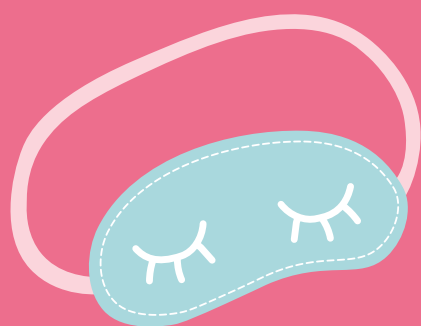


## WATCH THE CLOCK

- Stop eating well before bedtime (aka. Intermittent fasting can help with this)
- Don't drink caffeine after 2pm
- Set a bedtime and stick to it
- Consider krill oil or melatonin



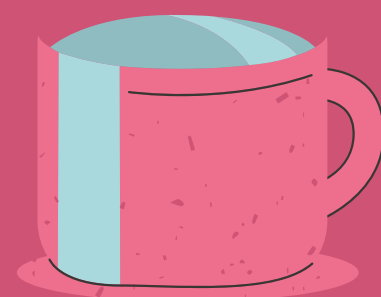
## SLEEP ENVIRONMENT



- Find your perfect sleep temperature
- Make your room dark and quiet
- Buy a Bluetooth sleep mask and stream meditations or sleep music
- Use your ideal bedding and mattress

## BEST PRACTICES

- Limit caffeine, alcohol and drugs before bed
- Avoid using electronic devices 1 hour before bed
- Follow a wind down routine



## BENEFITS OF GOOD SLEEP



- Helps organs and muscles recharge
- Detoxifies the brain
- REM sleep helps with memory

Learn more at [www.melidaily.com](http://www.melidaily.com)