



# Restorative

## SLEEP GUIDE

# **Simple Green Smoothies**

is here to help you fuel your passion. We celebrate plant-based foods, community and a positive mindset each and every day. Our hope is that you will eat + drink more plants and go after your dreams. That's what we call a **“Kale Yeah!”**

Visit **[SimpleGreenSmoothies.com](http://SimpleGreenSmoothies.com)** for more recipes + inspiration to fuel your passion!

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**BELIEVE IT OR  
NOT, THERE ARE  
SOME SUPER  
IMPORTANT  
FUNCTIONS  
HAPPENING  
WHILE WE SLEEP.**

Yep, while we're blissed out and dreaming of running down the beach with Ryan Gosling or walking the streets of Paris sharing croissants with our loved one, the body is hard at work. We use this valuable time for growth and healing of tissues, releasing hormones and fighting off disease. Our bodies are rebuilding, rejuvenating, and processing toxins. An adult needs approximately 8 hours to function properly.

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# IF YOU HAVE TROUBLE SLEEPING, HERE ARE SOME BASIC TIPS TO HELP.



## 1

**Think about your perfect sleep environment** and try to create this in your bedroom (is it dark enough, is there a draft, is your bed comfortable, is it quiet enough, etc).

**Adopt a bedtime wind-down routine** to give your body plenty of notice that it's nearly bedtime. Some examples might be reading quietly, taking a bath with lavender oil, or meditation.

## 2



## 3

**Try to avoid electronic devices in the hour before bedtime**, or if you must, turn the brightness down to the lowest setting. Looking at bright screens (phones, laptops) or having bright lights on, inhibits your production of melatonin. Melatonin is a hormone which helps control your sleep-wake cycle, and gradually increases from early evening, staying high throughout the night, and dropping again in the morning. Use lamps in the evening.



**4 Listen to your body's sleep signals** and try to go to bed when you feel tired. Having a warm shower or bath and getting into bed as you cool down promotes sleep.

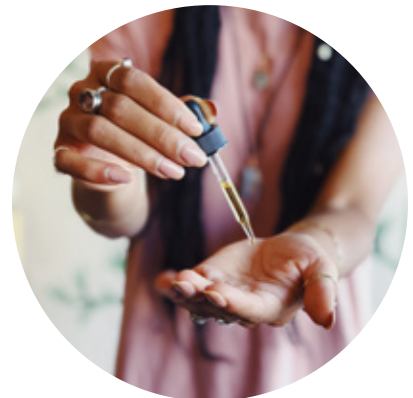
**5 Establish regular sleep and wake times** and try to stick to them as much as possible.



**6 Expose yourself to plenty of bright natural sunlight during the day!** That doesn't mean walking naked down the main street – just getting out in the day as much as you can. Walking to work, or heading out on your lunch break.



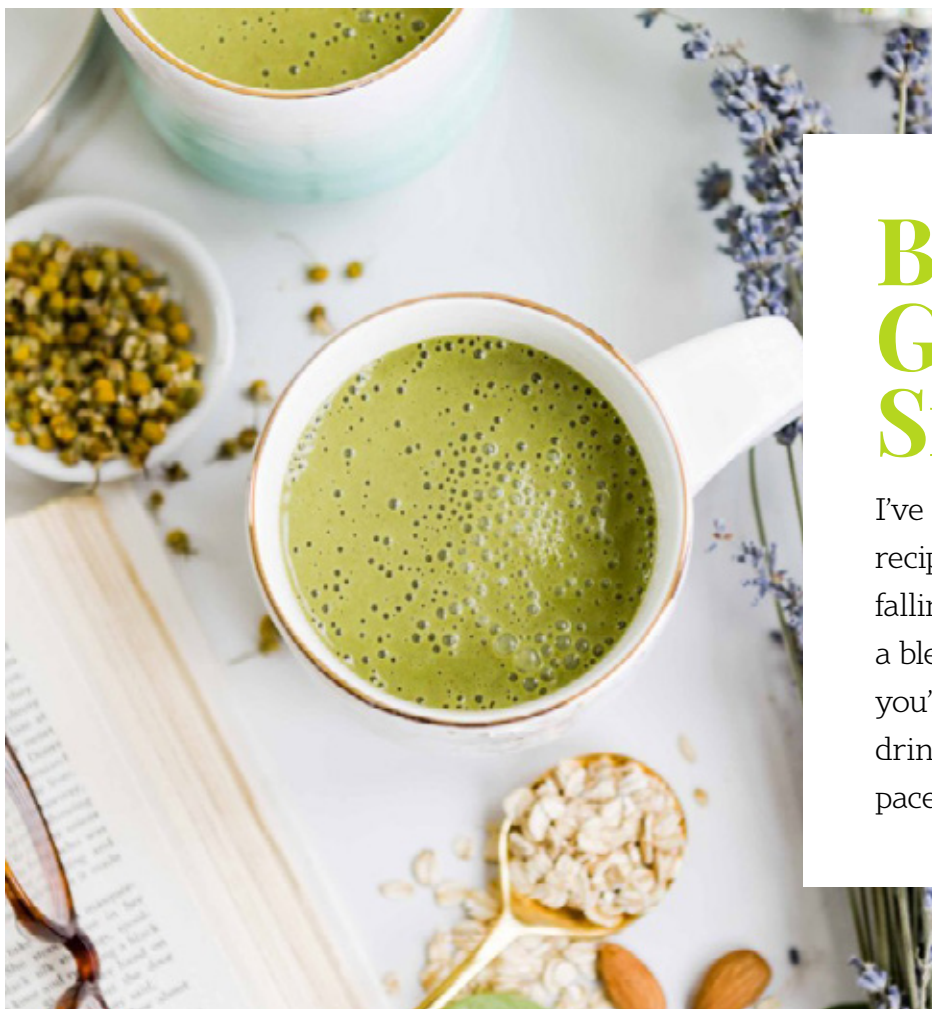
**7 Aromatherapy** such as lavender oil on your pillow or on a small cloth next to you can help induce sleep.



**8 Moderate exercise** in the morning or afternoon (not in the evening) for around 20 minutes each day can improve general wellbeing as well as promote sleep.







# Bedtime Green Smoothie

I've created a green smoothie recipe specifically to help with falling asleep. Yes, it's legit! Give a blend about an hour before you're ready to go to bed and drink it at a slow and steady pace (no chugging).

## Ingredients

- ½ cup uncooked old-fashioned rolled oats
- 2 cups baby spinach
- 1 cup brewed chamomile tea (cooled)
- 1 cup tart cherry juice (or more tea)
- 2 large bananas (fresh or frozen)
- 2 tablespoons almond butter

## Directions

1. Place uncooked oats in blender. Blend until finely ground.
2. Add spinach, chamomile tea, cherry juice, bananas, and almond butter to the blender. Puree until smooth.
3. Divide between two glasses or mugs and enjoy.

## Notes:

If unsweetened tart red cherry juice can't be procured, substitute with extra chamomile tea or water. Or use 1 cup frozen or fresh tart red cherries plus a little water.

For a really soothing nighttime drink, this smoothie can also be served warmed up.

# HOW TO SLEEP [TIGHT]

## HELPFUL BEDTIME TOOLS



### BUCKWHEAT PILLOW

*This amazing pillow helps with neck support and drastically decreases how much I toss and turn at the night.*

**BUY NOW**



### BEDTIME TEA

*This brand works best to relax at night and puts me in a deep peaceful sleep.*

**BUY NOW**



### EAR PLUGS

*Adios dogs barking, sirens, snoring, airplanes, etc.*

**BUY NOW**



### MUSIC ALARM CLOCK

*Waking up to my favorite jams encourages me to get up and carpe diem.*

**BUY NOW**

## HEALTHY + REALISTIC BEDTIME HABITS



*Avoid caffeine after 2pm*



*Keep your phone out of bedroom*



*Limit yourself to 60 min of TV nightly*



*Aim to be asleep by 10pm*





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