3 Tips for Relaxation and Falling Asleep

Try Green Tea over Coffee

L-theanine, an amino acid found naturally in all varieties of tea, may help you ride your brain's relaxation wave.

Clinical trials have shown it increases activity in your brains alpha wavelength.

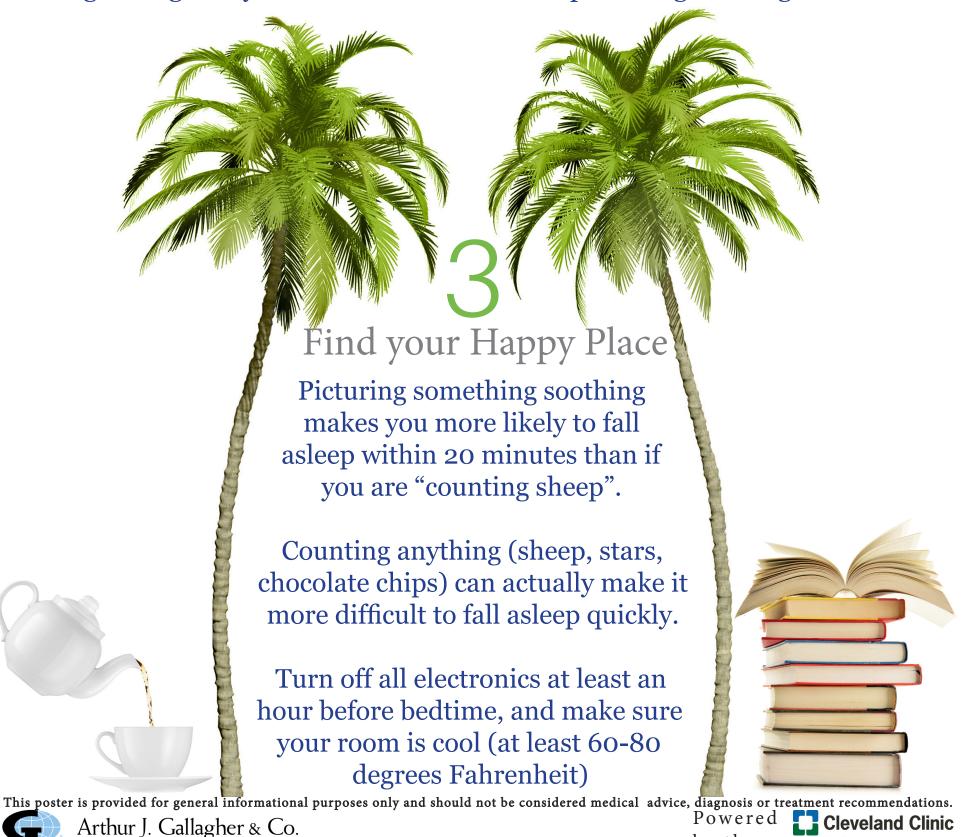
Your alpha wavelength is the one you want your brain to ride when you're awake! It taps into your intuitive voice and encourages an attentive, relaxed creative state.

2 Curl up with a Good Book

Embrace your inner bookworm to escape from the rapid-fire world.

Reading anything for as little as 6 minutes a day has been shown to reduce stress significantly.

Reading throughout your life has been shown to protect against cognitive decline.



by the

Wellness