

# 3 Tips for Relaxation and Falling Asleep

## 1 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.

## 3

### Find your Happy Place

Picturing something soothing makes you more likely to fall asleep within 20 minutes than if you are "counting sheep".

Counting anything (sheep, stars, chocolate chips) can actually make it more difficult to fall asleep quickly.

Turn off all electronics at least an hour before bedtime, and make sure your room is cool (at least 60-80 degrees Fahrenheit)

