

SLEEP

If your eating and training are on point but you don't feel or look the way you want – poor sleep may be to blame.

5 Signs Your Sleep Habits Aren't Working For You

- **Your Brain Is Foggy**
- **You Are Getting Sick A Lot**
- **Your Training Feels Harder Than it Should**
- **You're Unhappy**
- **You Have Major Cravings**

How to Prepare For A Great Night Of Sleep

- **Wake Up At The Same Time Every Day**
- **Get Moving Right Away**
- **Limit Social Media At Least 60 Min Before Bed**
- **Plug Your Phone In On The Other Side Of The Room**
- **Eat Your Dinner 90 Mins Away From Bedtime**

More Tips.... :)

- **Clear Your Mind**
- **Go To Bed**
- **Take A Hot Shower Or Bath Before**
- **Create A Bedroom Just For Relaxing**
- **Make Your Room As Dark As Possible**
- **Set Your Temperature To A 'Cool' 67–69 Degrees**