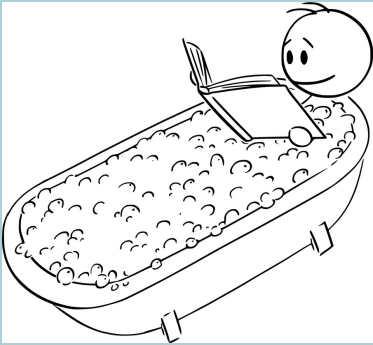


ELEMENTS OF AYURVEDA: SLEEP

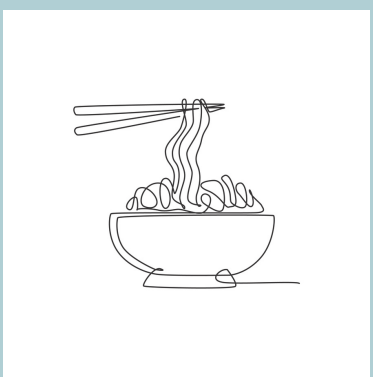
You deserve a good night's sleep



1

ADDRESS YOUR STRESS

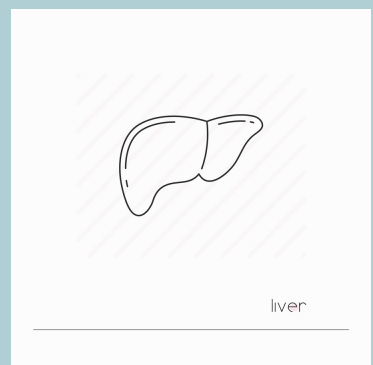
One of the first things you can do to improve the quality and quantity of your sleep is to recover a low stress lifestyle. Incorporate daily self-care, time in nature, reduced electronic engagement, and take control of the energy you spend during the day.



2

LET YOUR FOOD BE YOUR MEDICINE

Gut health supports sleep health~ make sure your gut biome is healthy by taking healthy, grounding foods, and whenever possible, take your main meal at midday, dine lightly after sundown, and avoid going to bed with undigested food in your system.



3

LOVE YOUR LIVER

Your liver performs over 500 metabolic functions and during sleep it completes those tasks that are limited while we are awake. Check out my "[15 Ways to Love your Liver](#)" document for lifestyle support for this vital organ.



4

TRY AN HERBAL APPROACH

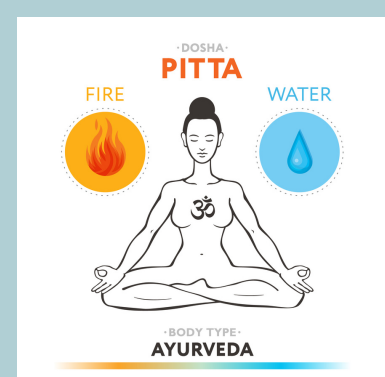
When all else fails, many herbs can be your ally in falling asleep. When using herbs, start early - at least one hour before your expected bed time. Chamomile, Valerian, Passionflower, and Lemon Balm are all considered beneficial for better sleep.



5

PACIFY VATA

Vata dosha disturbs sleep due to stress, overstimulation, irregular elimination, and an overactive mind. By addressing stress, reducing sensory overload during the day, making sure regular daily elimination is occurring and slowing down mental stimuli after sundown you are taking real steps to sleep better.



6

PACIFY PITTA

Pitta dosha disturbs sleep when they become too focused on their work or accomplishment. Changing focus from work to less intense pursuits in the evening can be beneficial, as is the use of to-do lists and organizational tools to help you feel complete with today before sleeping to prepare for tomorrow.