

# SLEEP CHEAT SHEET

## 5 WAYS TO GET MORE SLEEP

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## CAFFEINE

### RESET YOURSELF

find your  
natural sleep needs

for a period of 2 wks  
decrease all caffeine

coke zero  
tea, coffee  
green tea  
energy drinks

you got this!

## MAGNESIUM

### NATURE'S SLEEP AID

enrich yourself:

spinach, swiss chard  
pumpkin seeds  
avocado  
banana  
almonds  
mackerel  
beans, pulses  
yoghurt  
dark chocolate\*

you got this!

## DINNER TIME

### FILL UP RIGHT

avoid going to bed  
with extended or over  
full stomach

don't go to bed  
hungry either

you don't want a food  
hangover or blood  
sugar crash in the  
night

you got this!

## YOUR MIND

### DAY CALM = NIGHT SLEEP

use technology -  
don't let technology  
use you

control the  
stimulation your  
mind receives during  
the day

less artificial light at  
night - wind down

you got this!

## SUN - DARK

### DAILY RHYTHM

black out at night

early morning sun in  
your face

dog walking or get  
outdoors before  
breakfast

sit in your garden  
every day

you got this!