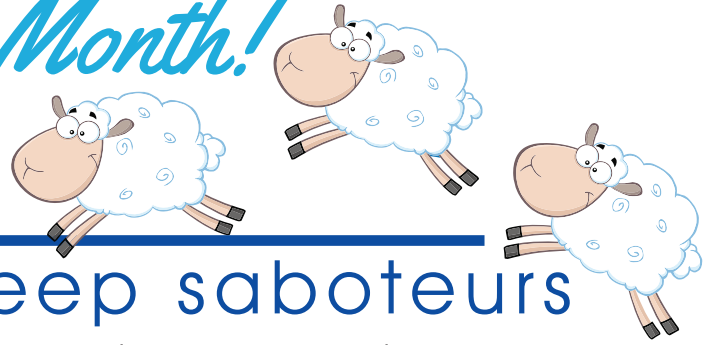
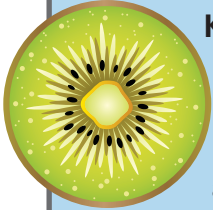


# May is Better Sleep Month!



## EAT THIS: SLEEP BETTER



**KIWI** could be the ultimate pre-bed treat. Studies show people who ate two kiwis an hour before bed, slept almost a full hour longer than those who didn't. Kiwis are full of vitamins C and E, serotonin and folate - all can help you get your zzz's.

**SOYFOODS** such as tofu and edamame are rich in isoflavones, which increase the production of serotonin. Those who ate two or more servings of soy a day slept longer and reported a better quality of sleep.

**FIBER-RICH FOODS** could be key for sleeping better. Fiber prevents a surge in blood sugars that may lower melatonin. Get a boost of fiber from artichokes, quinoa, and bran cereal.

## sleep saboteurs

**E-BOOK READING**  
Reading before bed is good - reading from electronic books is not! The blue light can suppress melatonin.

**NEW ENVIRONMENT**  
Sleeping somewhere new is called first-night effect. Bring something you usually sleep with to make the room feel familiar.

**A FULL MOON**  
Moon madness is a real thing! Make sure your blinds are drawn to keep out the extra light.

*Are pets ok in bed?*

Many people let their pets sleep with them. Whether your cat or dog hurts or helps your sleep depends on your pet's temperament, there is no definitive rule. There are some other things to consider, too. Make sure your pets are up to date on their vaccines. Some diseases can be passed from pets to people. Also, good grooming can help keep you from getting things like poison ivy from your pet. From a behavioral perspective, pets should only be allowed on the bed by invitation.

WOMEN WHO REPORT BETTER SLEEP WERE **33% MORE LIKELY TO HIT THEIR WEIGHT LOSS GOALS.**



CHECK OUT THESE AWESOME PRODUCTS WE'VE BEEN USING TO HELP US GET OUR ZZZ'S!

GO TO THEIR WEBSITES TO SEE ALL THE OTHER PRODUCTS THEY OFFER FOR A GOOD NIGHT'S SLEEP

**1 | BONOWELLNESS**  
**BonoSleep™** - is the only patented handheld sleep aid device, which uses heating and electrotherapy stimulation that is scientifically proven to help with insomnia and anxiety. Small micro-current waves pulsing from it through your hand to the brain tell your nervous system to relax. [bonowellness.com](http://bonowellness.com)

**2 | QUIETON 3.1**  
**Sleep Earbuds** - Improve your sleep quality with these active noise cancelling sleep earbuds. They effectively reduce sounds disturbing your sleep, delivering a peaceful night so you can begin each day with a fresh mind. Comes with soft and comfortable eartips in different sizes. [quieton.com](http://quieton.com)

**3 | ELI & ELM**  
**Cotton Side Sleeper Pillow** - specially designed to support side sleepers while conforming to the precise contours of the head and neck. Their carefully engineered latex and polyester fiber filling, combined with the cotton and polyester cover, creates maximum comfort and breath-ability. [eliandelm.com](http://eliandelm.com)

**4 | CYMBIOTIKA**  
**Magnesium L-Threonate** - Boost brain power, balance mood and calm central nervous system, and improve memory. **Sleep** - May calm nervous system, promotes relaxation, and encourages a deep restful sleep. [cymbiotika.com](http://cymbiotika.com)

**5 | RAW BOTANICS**  
**REST & Refresh | Reishi Mushroom & Hemp Tincture** - Non-habit-forming sleep aid, melatonin-free, for deep, restorative sleep. **Soothing Pillow Mist with Hemp, Lavender, and Eucalyptus** - Create a spa-like environment with instant calm that may help ease stress, find your center, and sleep better. [rawbotanics.com](http://rawbotanics.com)