

SLEEP LIKE A PRO:

10 EXPERT TIPS FOR BUSY EXECUTIVES

1. EMBRACE THE DARKNESS

Wear an eye mask to block out not just the haters, but also any disruptive light. Darkness is the key to better sleep. *Benefits: Enhanced Melatonin Production, Deeper Sleep, Improved Sleep Quality*

2. BREATHE WITH EASE:

Optimize your nasal breathing by using a nose strip. It activates the parasympathetic nervous system, essential for rest and digestion. *Benefits: Reduced Stress, Calmer Mind, Better Oxygenation*

3. KEEP YOUR MOUTH CLOSED:

Prevent mouth breathing, as it can disturb your sleep quality. *Benefits: Quieter Sleep, Reduced Snoring, Better Airflow*

4. STICK TO A SCHEDULE:

Go to bed and rise at the same time daily. Your body thrives on routine, and this supports your circadian rhythm. *Benefits: Regulated Sleep-Wake Cycle, Improved Sleep Onset, Consistent Energy Levels*

5. UNWIND WITH STRETCHES:

Relax your muscles before bedtime with gentle stretches. A great pre-sleep habit. *Benefits: Reduced Muscle Tension, Enhanced Relaxation, Faster Sleep Induction*

6. HYDRATION TIMING:

Limit evening water intake to avoid midnight bathroom trips. Hydrate mostly during the day. *Benefits: Undisturbed Sleep, Fewer Nighttime Awakenings, Better Rested Mornings*

7. DISCOVER MAGNESIUM:

Enhance your sleep with magnesium, a natural sleep aid. *Benefits: Promotes Relaxation, Calms Nervous System, Supports Sleep Regulation*

8. DIGITAL DETOX:

Banish phones and lights one hour before bed. Allow yourself to switch off and unwind. *Benefits: Reduced Blue Light Exposure, Improved Sleep Hormones, Peaceful Mindset*

9. MASTER BREATH WORK:

Experience a game-changer with breathwork techniques. They work wonders for restful sleep. *Benefits: Stress Reduction, Anxiety Management, Improved Sleep Depth*

10. INVEST IN YOUR REST:

Spend a third of your day wisely by investing in a high-quality mattress. You deserve the best support for those precious 7-8 hours. *Benefits: Optimal Sleep Posture, Better Spinal Alignment, Refreshing Sleep Experience*

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