

Hi, I'm Lior.

Some of you know me from training. To those that don't, I look forward to meeting you soon.

As a former IDF army guy that has been in two wars, I suffer badly from heavy Insomnia. After the usual prescriptions given by doctors, I decided a few years ago that I don't want to keep taking prescription drugs anymore and yes it is achievable to get a good night's sleep without the help of prescription medication.

Here are my tips for a better night's sleep.

- Keeping a cool, dark, and quiet sleep environment
- Reserving the bedroom for sleep and sex only
- Staying on a regular bedtime schedule
- Eating a healthy diet and avoiding caffeine before bedtime
- Getting regular exercise, which also helps tame hyperarousal
- Avoiding stressors before bedtime, including talking about traumatic events
- Having a warm bath (Epsom Salts are great as it replenishes magnesium which we need to reduce inflammation and support nerve and muscle function)
- Reading a calming book before bedtime
- Turning off screens an hour before bedtime
- Using meditation or other techniques

I hope these tips can help you

Regards

Lior.

***Keep reading for more tips!***

## **Denise Houlihan**

*"I used to struggle with that massively after a big session! Melatonin helped me big time."*

## **Narelle Hayes**

*"Not eating a heavy meal too close to going to bed, putting the phone on silent and down at least an hour before bed. A diffuser with lavender. Doing some mindfulness/meditation to relax before bed."*

## **Juliet Cooper**

*"Count backwards from 35 I never get past 30, meditation app, or imagine you have to go away on a deserted island and you can only take one item for each letter of the alphabet.... Apple, bike, Charlotte, dog, Emily, food, gold, hat, etc. Rarely get past J! Or just close your eyes and tell yourself you are going to sleep then just go to sleep. Stop overthinking everything and tell yourself to do it and it will happen..."*

## **Jo Grey**

*"Mentally get rid of all those swirling annoying thoughts that are keeping you awake. I imagine all the things I'm thinking about as words floating in a hand basin - plug out the plug...and they all go down the drain - whoosh - off to sleep."*

## **Sharon P Leigh**

*+Magnesium bath, essential oils and meditation music."*

## **Simon Gronow**

*"I use an iPhone app called 'Rain' - sound of rain on a tin roof - nothing better."*

## **Sarah Ryan**

*"Try to hydrate after a session. Sticking to a good sleep schedule (go to bed and wake up roughly the same time each day), especially before a race. DO NOT SLEEP IN the day before a race. Try to wake up at roughly the same time as you would for the event so you will be tired when you go to bed. Lastly, don't look at your phone before bed and during the night. Set rules for yourself and friends (everyone knows not to message me after 9pm, you won't get a response!)."*