

Get Better Sleep

Lifestyle Strategies for Healthy Sleep Habits

Slow Deep Breathing

20

minutes before going to sleep will help to



Reduce Waking Once Asleep



Get To Sleep Faster



Improve Sleep Quality

Slow Deep Breathe

Try this as you wait. Pace your breathing to BreathNote music for 5-20 minutes and feel yourself more relaxed.



Scan QR code

or visit www.BreathNote.com/proclinic-playlist.html

Passkey: 1BREATH23

Slow Deep Breathing

helped insomniacs get to sleep

3X

faster when they practiced at bedtime

Insufficient Sleep Causes



33%

Increase In Developing Dementia



48%

Increase In Developing Heart Disease



Avoid Heavy Meals Before Bed



Get Regular Exercise



Set A Consistent Bedtime



Avoid Smoking, Caffeine, & Alcohol



Slow Deep Breathe



Keep Your Room Dark & Cool; Avoid Screen Time