

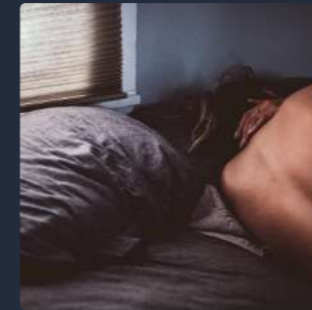
Ultiself Sleep Routine

Sleep is essential to get the most from your day and your life. Learn 7 keys to getting the most from your sleep.



Sleep between 6-8 hours per night - Sleeping enough is essential for mental health, memory, and other cognitive functions.

ACTION - Make sure you get between 6 and 8 hours of sleep every night.



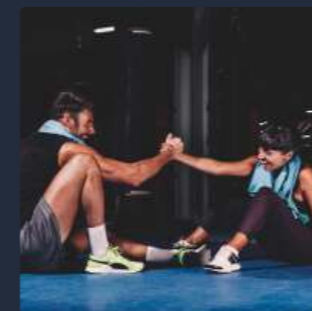
Sleep in a blackout room - Melatonin production improves when you sleep in a dark room.

ACTION - Sleep in a dark room with as little light as possible.



Wake up right away in the morning - Getting up as soon as you wake up in the morning is beneficial for health, mood, and productivity.

ACTION - Get up immediately in the morning.



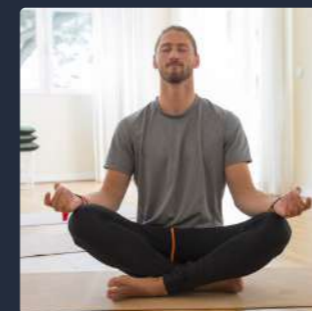
Exercise - Exercising helps regulate the sleep-wake cycle, improves the quality and duration of sleep.

ACTION - Exercise at least 30 minutes 3-5 times a week.



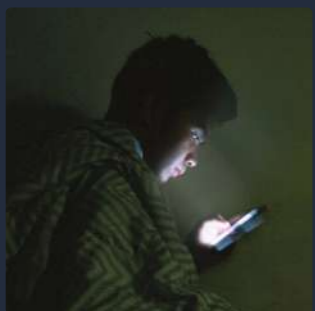
Breathing Exercises - Breathing decreases sympathetic activity and helps to get relaxed.

ACTION - Spend at least 3 minutes doing breathing exercises before going to sleep.



Meditation - Meditation helps to decrease emotional distress and repetitive thoughts.

ACTION - Practice mindfulness meditation for 10 to 30 minutes daily before bedtime.



Digital Sunset - The blue light emitted by the screens decreases the quality of sleep.

ACTION - Avoid looking at screens for an hour before going to bed.