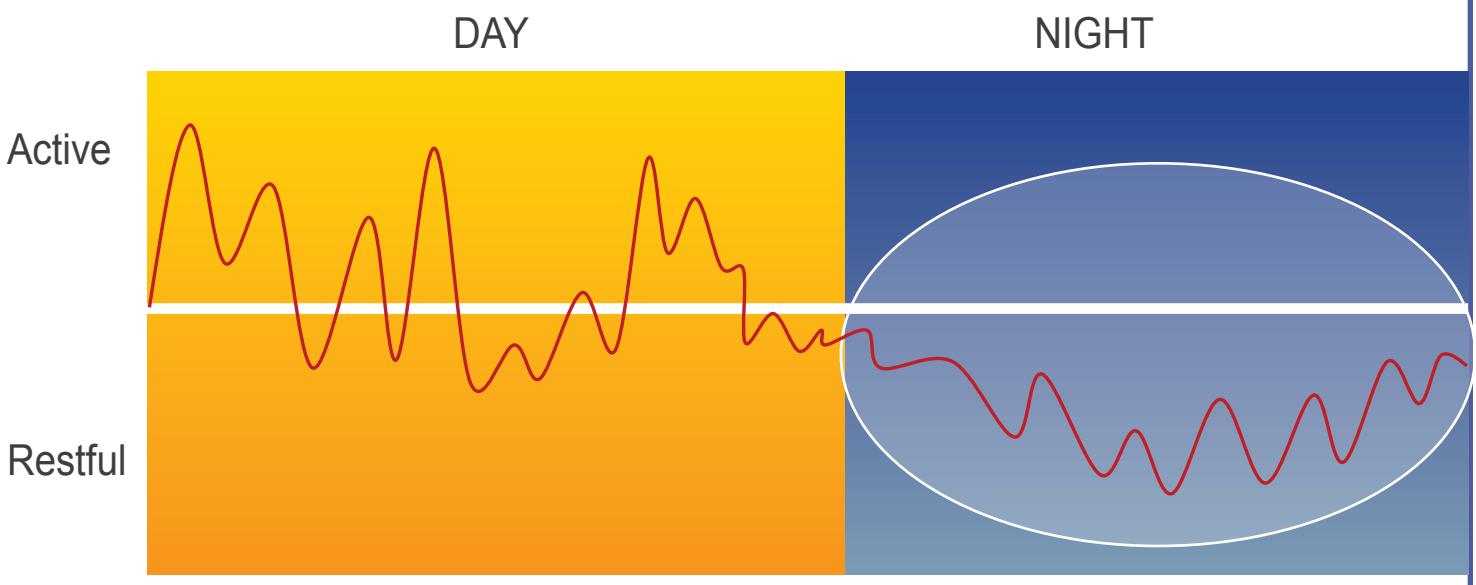
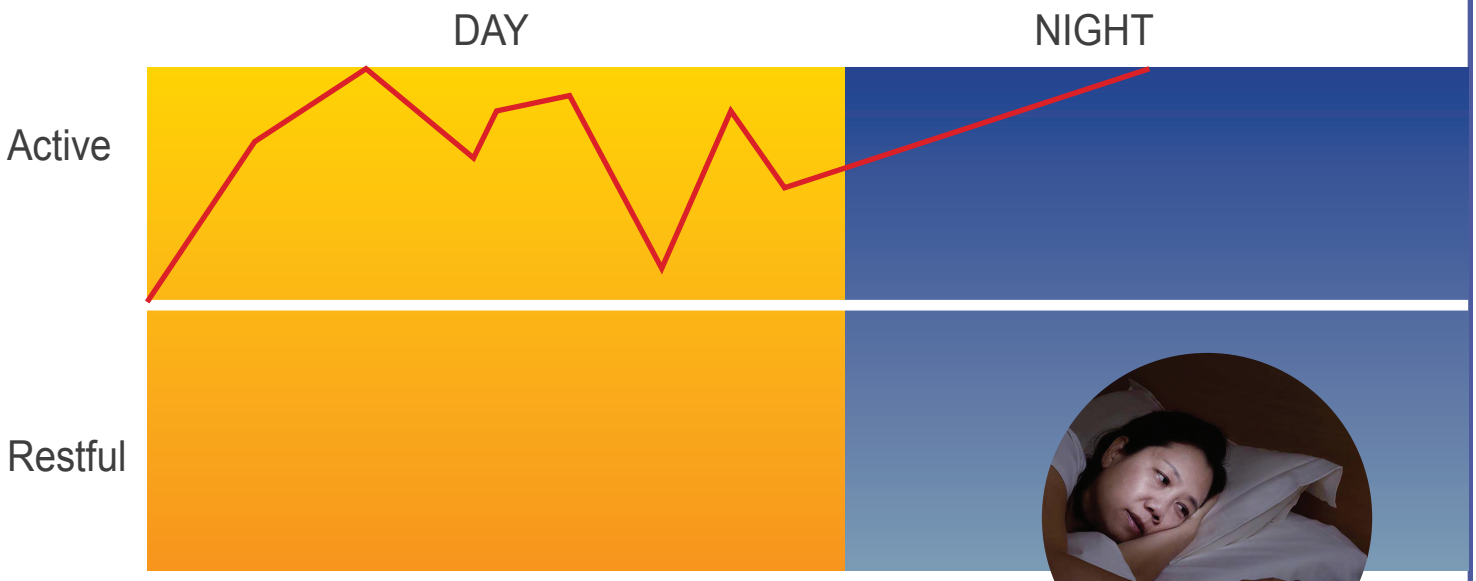
Healthy balance in your day creates better sleep



Easier sleep due to healthy balance over the day

Lack of balance during the day creates poor sleep



Why can't I get to sleep??!?

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Healthy balance in your day creates better sleep

- With a healthy balance of activity and rest over the course of your day, it becomes easier for you to move into the restful state that allows for good sleep.
- Examples of being more active: traffic, excited conversations, frustration, rushing across street, vigorous exercise or labor, being scared and worried
- Examples of being more restful: sitting down to eat a meal without rushing, taking a walk and enjoying your surroundings, listening to music, paying attention to praise from someone, pausing to collect your thoughts, meditation and prayer
- While we think of the day as being active and the night being for rest, there are actually a lot of opportunities for rest over the course of the day, which helps your system be more calm overall, and makes it easier to get to sleep

Lack of balance during the day creates poor sleep

- So many people with pain have difficulty with sleep and this helps explain it.
- If you are on red alert all day long, rushing to get things done, worried about things in your life, rushing through meals, having stressful interactions with others, your system has to make a very big change to be able to be restful at night.

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