



3 Building Blocks for Better Sleep

Is there anything worse than not being able to sleep? Probably, but when we're not sleeping well it can feel as though there isn't.

Practice these three essential building blocks and transform restless nights into peaceful sleep.

1. **Turn off the mental noise.** Stress from the day can carryover interrupting night time sleep. Use heart-focused exercises to manage an overstimulated mind. Learning to self-regulate our thoughts is an important practice for regenerating sleep.

2. **Deep breath...and exhale.** Deep breathing is helpful in calming us down when we're preparing for sleep. Use deep rhythmic breathing as part of a bedtime routine. This can benefit the body in many ways including helping to detoxify the body and releasing built up tension.
3. **Reset the body's rhythms.** There is a rhythmic pattern generated by the heart that can help prepare us for sleep. It's called *heart-rhythm coherence*. To get into this coherence state take 3-5 minutes before bed to use a simple exercise called the Quick Coherence Technique® combined with heart rhythm feedback. The combination can help reset the body so it's ready to sleep when we are.

I'm ready to sleep better →

All of these important building blocks are easily learned and practiced with the emWave2® or the Inner Balance™ sleep system. Don't let another sleepless night encroach on your ability to thrive and enjoy life.

"It has now been about three and a half weeks that I have been enjoying about 6 hours of non-medicated sleep per night. What a difference the HeartMath program has made!" – Natalie

Don't let the agony of sleepless nights impair your ability to thrive. Get the emWave2 or our Inner Balance technology to reset your sleep rhythm and receive our informative e-book, *Solution for Better Sleep*, free for a limited time.

Sleep Better Now →



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OVER 25,000 HEALTH PROFESSIONALS RECOMMEND**



As with any health related condition, it is important to discuss your symptoms and possible treatments with your licensed health-care professional.

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