

My evening wind-down

About 10 quiet minutes before bed. Keep this page by your bed.



Listen to the audio: purenutraa.co/pages/wind-down

Earlier

At dinner: take 2 capsules, as directed on the label.

1

Dim the lights. Screens off.

1 min

Turn off the TV, phone and tablet. Switch to a soft lamp.

2

Gentle stretch

3 min

Sit on the bed. Roll your shoulders slowly, 5 times. Reach up, then let your arms float down. Go gently. Skip anything that hurts.

3

Slow breathing

3 min

In through your nose for 4 counts. Hold for 2. Out slowly for 6 counts. Repeat 5 to 10 times. Dizzy? Breathe normally.

4

3 good things from today

2 min

Big or small. Say them out loud, or write them down.

5

Same bedtime

1 min

Lights out at about the same time each night, even on weekends. My bedtime: _____

This is not medical advice. Talk to your doctor or pharmacist, especially if you take medicines, are pregnant or nursing, or have kidney problems.

Questions? Call (912) 205-6830, any time, 24/7 · support@purenyx.co

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.