

YOUR FREE GUIDE TO

# Successful Sleep

RITUALS

8 SIMPLE SLEEP RITUALS

Light Garden  
LIGHTGARDENSHOP.COM

# Light Garden

## SUCCESSFUL SLEEP RITUALS

Struggling to sleep? This simple guide shares 8 simple rituals to help you create a powerful sleep hygiene routine so you can enjoy deeper sleep.



### SET AN IDEAL CUT-OFF TIME

*Aim for 6-8 hours*

1. Keep a consistent sleep schedule: Go to bed and wake up at the same time everyday, even on weekends. This will help your body get into a routine and make it easier to fall asleep.



### AVOID SLEEP DISRUPTORS

*Coffee & alcohol are our most loved culprits*

2. Avoid caffeine and alcohol before bed: Caffeine can keep you awake, while alcohol can make you drowsy but disrupt your sleep later in the night.



### SET THE SCENE FOR SLUMBER

*Lights, camera, actiozzzzzzzz*

3. Establish a bedtime routine: Do something calming before bed, like reading or taking a bath. Light a candle, using a CBD bath bombs can help you relax and unwind and soothing sleep sounds can help you switch off from the day.



### STAY COOL, STAY CALM

*Remind your mind it's bedtime*

4. Keep your bedroom cool and dark: Get into some cozy pajamas, close the blinds, and turn down the thermostat to create a sleep-conducive environment.

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## SUCCESSFUL SLEEP RITUALS

Struggling to sleep? This simple guide shares 4 rituals to help you create a powerful sleep hygiene routine to aid your sleep.



### INVEST IN YOUR REST

*Your success deserves successful sleep*

5. Invest in a good mattress and pillow: A good night's sleep starts with a comfortable place to rest your head.



### DROWN OUT THE NOISE

*Your big dreams start here*

6. Use earplugs or noise-cancelling headphones: If you're someone who can't sleep in complete silence, try using noise-cancelling headphones or earplugs to block out any distractions.



### STRETCH & BE STILL

*Let the body lead*

7. Stretch or do yoga before bed: A few gentle stretches can help you relax and prepare for sleep. We have tonnes of free guided meditations and sleep videos on the Light Garden YouTube channel to support you with this.



### TRY PREMIUM CBD PRODUCTS

*Invite sleep naturally*

8. Take a CBD supplement or use topically before bed: cannabidiol (CBD) helps regulate anxiety and stress, which can improve sleep quality. Discover our bestselling CBD bath + bedtime bundle [HERE](#)

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## SUCCESSFUL SLEEP ROUTINES START HERE

Brit-born CBD brand, Light Garden Wellness, launches new Bath + Body Edit just in time for the festive season. Available from November, you can stock up on self-care inspired stocking fillers from just £25.



### CALMING MASSAGE OIL

*RRP £40*

Nothing says self-love like a massage and now you can take yours up a level with our new Calming Massage Oil infused with CBD (500mg), Essential Oils and Ginger.



### CALMING CANDLE IN 'PEACE'

*RRP £35*

Our new 'Peace' soy wax candle is infused with mindfully scented Lemongrass, White Patchouli and CBD Oil (100mg) to help you find a state of centred inner peace.



### CALMING CANDLE IN 'DREAM'

*RRP £35*

Our new 'Dream' soy wax candle is infused with delicately scented French Lavender and CBD Oil (100mg) to help you find a state of deep relaxation at bedtime.



### CALMING BATH BOMB

*£25*

Our Calming Bath Bomb contains two fizzes for double the fun and is a lightly fragranced Lavendar scent to promote sleep and serenity. Contains 100mg of CBD.

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## BEHIND THE BRAND



## MEET LIGHT GARDEN WELLNESS

*LightGardenShop.com / @LightGardenShop*

Light Garden Wellness is a Brit-born brand that offers premium CBD products to help customers find inner calm and better sleep. The range includes CBD Oils, Gummies, Capsules and Bath & Body products.



## AWARD-WINNING CBD

*Winner: Best CBD Brand - Hip and Healthy Magazine*

Still in its infancy, Light Garden has captured the hearts of media and customers looking to have more open conversations the importance of self-care and raise awareness on stress management in the workplace.



## SELF-CARE MADE SIMPLE

Promotes Inner & Outer Success

Light Garden Wellness not only produces premium quality CBD products, but also offers well-being education & live experiences to help busy professionals manage find light in their day, such as its annual Wellness Festival.

## LOCALLY & ETHICALLY SOURCED

*People, Planet, Purpose*

Our products are cruelty-free, grown organically and small batched sustainably and ethically. We're also a proud partner of the One Tree Planted Reforestation Project and plant a tree with each product sold.

