

The Fiery Grandma's Five Best Tips For Your Best Night's Sleep

1 - Log OFF all electronic devices (including phone) 30 minutes before bed

2 - Journal to download all of your thoughts about what's up for tomorrow. This double-duties as your to-do list for the morning saving you time and decompressing your brain

3 - Brush your teeth to eliminate any food particles left after dinner. This will save your teeth and gums and also stave off thoughts of being hungry (weight loss tip)

4 - Pull all shades, shut all doors to make your room as dark as possible; NO phone in bedroom, if you need it beside you...turn off ringer and turn upside down so you don't hear or see it

5 - Turn down the thermometer. The cooler the room the better you'll sleep. Snuggling under a weighted blanket will help you relax, feel secure and hugged for your best night's sleep

BONUS TIP - NO caffeine after 12 Noon...drink only water or herbal tea after noon this allows your body time to rid itself of caffeine and hydrate your body for proper sleep.