



Future Health! Rejuvenating Sleep - Body Temperature and Sleep

Dr. Carolyn Dean MD ND

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In my experience, health is not about taking dozens of supplements. I make it very simple for you and give you seven different areas to introduce healthy practices. In each module, I give some information about the topic but then spend most of the time on how to do it, what can get in your way, and how to overcome obstacles to achieving your goal. In Future Health! I simplify the complexities of health into "Seven Pillars" that you need to support your body and mind and spirit.

Module 21 is in Pillar Six: Rejuvenating Sleep – I'll share with you 9 strategies for getting to sleep faster, going deeper and feeling more refreshed in the morning. The strategies include: sleeping without electricity, darkness and melatonin, body temperature, timing and routine, mattresses, mind dumping, improving air quality and electromagnetic radiation.

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