

# 3 TIPS TO SLEEP LIKE A BABY



1

## MAGNESIUM L-THERONATE

This magnesium crosses the blood-brain barrier



CLICK HERE



2

## EPSOM SALT BATHS

1-2 cups of Epsom salt bath  
15 minutes before bed



CLICK HERE



3

## WHITE NOISE WHILE SLEEPING

White noise refers to a noise that contains all frequencies



CLICK HERE



**BONUS**



4

TURN OFF ALL ELECTRONICS IN YOUR ROOM, INCLUDING HOUSE WIFI



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