

A SIMPLE EVENING GUIDE

7 Natural Ways to Sleep Better Tonight

Small, practical changes that can help your body and mind transition from a busy day into a calmer night.

A better night often begins before your head reaches the pillow.

Presented by ChiropracticOutfitters.com

Start with the signals your body understands

Healthy sleep is supported by timing, light exposure, activity, food and the environment around you. You do not need a perfect routine. Begin with one or two changes you can repeat consistently, then build from there.

1

Keep a consistent sleep and wake time

Your internal body clock responds to regular timing. Going to bed and waking at roughly the same time each day - including weekends - can make the transition into sleep feel more predictable.

Try this tonight: Choose a realistic wake-up time and work backward to allow enough time for sleep. Keep weekend changes within about one hour when possible.

2

Create a screen-free wind-down hour

Bright artificial light from phones, tablets and televisions can signal alertness at the very time you want your brain to begin settling down. A quieter final hour also reduces stimulation from news, work and social media.

Try this tonight: Dim the lights and put your phone on a charger outside arm's reach 30 to 60 minutes before bed. Read, stretch gently or listen to calm audio instead.

3

Make your bedroom cool, dark and quiet

A sleep-friendly bedroom reduces the number of signals competing for your attention. Temperature, unwanted light and intermittent noise can all make it harder to settle or remain asleep.

Try this tonight: Lower the room temperature slightly, cover small light sources and use a fan or steady background sound if outside noise is disruptive.

Support the daytime habits that shape your night

4

Be active and get daylight during the day

Daytime movement and exposure to natural light help reinforce the difference between active daytime hours and nighttime rest. Regular activity may also make it easier to feel naturally ready for sleep later.

Try this tonight: Take a 15- to 30-minute outdoor walk earlier in the day. Avoid intense exercise immediately before bed if it leaves you energized.

5

Watch the timing of caffeine, alcohol and heavy meals

Caffeine can remain active for hours. Alcohol may initially feel sedating but can contribute to lighter, more disrupted sleep. Large or rich meals close to bedtime may also feel uncomfortable.

Try this tonight: Set a caffeine cutoff at least eight hours before bedtime, avoid alcohol near bedtime and finish large meals a few hours before lying down.

6

Use a short relaxation ritual

A repeated calming ritual can become a cue that the day is ending. Slow breathing, a warm bath, light stretching, journaling or quiet reading can help reduce the mental carryover from a busy day.

Try this tonight: Try five rounds of breathing in slowly for four counts and out for six counts. Keep the practice gentle rather than turning relaxation into another performance goal.

7. Add comprehensive nighttime support to your routine

Say Goodnight Sleep Formula is designed for people who want more than a single-ingredient sleep gummy. Its capsule formula combines melatonin with minerals, amino acids and a broad selection of traditional bedtime botanicals.

Why the combination matters

Sleep is not a single switch. A good nighttime routine involves several steps: recognizing that it is evening, reducing stimulation, relaxing the body and maintaining consistent habits. Say Goodnight was formulated with complementary ingredient categories that are intended to work together as part of that routine:

Ingredient category	Role in the formula
Sleep-timing support	Melatonin is associated with the timing of the body's circadian rhythm and response to darkness.
Mineral support	Magnesium is included alongside calcium and vitamin B6.
Traditional botanicals	Valerian, chamomile, lemon balm, passionflower, hops, skullcap and ashwagandha are combined in one capsule-based blend.
Amino acids and related nutrients	The proprietary blend also lists L-tryptophan, taurine, GABA, L-theanine, inositol and 5-HTP.

A responsible way to say it: the ingredients are selected to complement one another and support different parts of a nighttime wind-down routine. However, a multi-ingredient formula is not proven to work better for every person, and individual responses vary.

Learn more about Say Goodnight at ChiropracticOutfitters.com

Use supplements carefully. Follow the product label. Ask a healthcare professional before use if you take medication, have a medical condition, are pregnant or nursing, or are considering a supplement for a child. The formula contains ingredients that may interact with some medicines, including medicines that affect serotonin.



Your 20-minute wind-down plan

20 minutes before bed	Dim the lights. Put away work and screens.
15 minutes before bed	Prepare the bedroom: cool, dark and quiet.
10 minutes before bed	Take Say Goodnight only as directed on its label, when appropriate for you.
5 minutes before bed	Use slow breathing, gentle stretching or quiet reading.
At bedtime	Let sleep happen. Avoid watching the clock or forcing the process.

A final reminder

Occasional poor sleep is common. Persistent trouble falling asleep, staying asleep or functioning during the day deserves professional attention. Loud snoring, gasping during sleep, severe daytime sleepiness, restless legs or drowsy driving are also reasons to speak with a healthcare professional.

Information sources
National Heart, Lung, and Blood Institute: Healthy Sleep Habits and Insomnia Treatment.
National Center for Complementary and Integrative Health: Melatonin - What You Need To Know; Sleep Disorders and Complementary Health Approaches.
ChiropracticOutfitters.com: Say Goodnight Sleep Formula product information and Supplement Facts.

These statements have not been evaluated by the Food and Drug Administration. Say Goodnight Sleep Formula is not intended to diagnose, treat, cure or prevent any disease. This guide is educational and is not a substitute for medical advice.