How to Go to Sleep

To Get a Good Night’s Sleep

Points to Remember:

1. Don’t Worry! Leave your problems overnight on the shelf labeled “G-O-D.”
2. Brush teeth – drink a glass of water (don’t go to sleep thirsty).
3. Wash feet in cold water, dry with rough towel.
4. Put a little oil just inside the nostrils.
5. Foot Massage.
6. Sleep EAST/WEST is best.
7. Sleep on a hard surface.
8. You will sleep more soundly and wake up more refreshed if you do not eat a heavy meal at night.
9. A walk before bedtime, and enough exercise during the day helps.
10. Play CD or auto-reverse tape recorder with some uplifting music to feed your subconscious overnight.
11. When you lie down, tell yourself what time you want to wake up in the morning.

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