

# 5 Tools That Help You Sleep Better and Stress Less

Over 40 million adults struggle with anxiety-related sleep issues - but not all solutions require medication. In this short guide, you'll find 5 natural tools to help you sleep better and reduce stress.

## 1. Weighted Blanket

Applies gentle pressure to reduce cortisol and promote serotonin.

Choose a blanket that's 8-12% of your body weight.

Use it for 20-30 minutes before bed or overnight.

## 2. Blue Light Blockers

Reduces screen-induced overstimulation that interferes with melatonin.

Wear glasses 1-2 hours before bed or use apps like f.lux or Night Shift.

## 3. Magnesium Glycinate

Supports neurotransmitter function and calms the brain.

Take 200-400mg about 30 minutes before bed (check with a doctor first).

## 4. Aromatherapy

Lavender or chamomile essential oils slow heart rate and relax the brain.

Diffuse in your bedroom or apply diluted oil to temples and wrists.

## 5. Box Breathing (Breath-Based Meditation)

A simple breathing technique to reset your nervous system:

Inhale for 4 counts, hold for 4, exhale for 4, hold for 4. Repeat 4-8 times.

## Next Steps

Try one or all of these tools tonight.

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For full reviews and sleep tips, visit:

[asanjielvisblog.com](http://asanjielvisblog.com)

Explore:

- Best Weighted Blankets for Adults with Anxiety
- Bearaby vs Hush Blanket Comparison
- Sleep & Anxiety Tips Blog