



Coping with Stress and Occasional Sleeplessness

Everyday stress and insufficient sleep are the two bullies of modern life. Look around: Chances are everyone else is as frazzled as you. While it feels good to know you're not alone, it can feel even better to know you've got the power to help relieve stress and occasional sleeplessness. A few simple lifestyle tweaks can be all it takes to get you on the path to feeling calmer and more rested.

Cut back on caffeine. Yep, this natural stimulant can help you wake up, get through the workday, or keep going all night (and sometimes all three). But it can also heighten feelings of stress, and it can also contribute to poor sleep. You don't need to quit cold turkey (unless you want to)—but try experimenting with cutting back, especially from the late afternoon on.

Practice meditation. Skeptical? Hear us out: Meditation is like a workout for the mind. Flex your meditation muscle often enough, and over time it can lead to changes in the brain that can improve your reaction to stressors and boost your overall well-being. As with any form of exercise, it takes consistency, so start small—just a few minutes at a time. You can download a number of apps or find instructions online to get started.

Supplement the smart way. Magnesium is a superhero mineral that can help regulate your body's response to stress. It also acts on the same pathways as some sleep agents in preparing your body to relax for sleep—without causing residual drowsiness. Of course, the benefits of any supplement are only as good as the product itself. OMG! Nutrition products are formulated with high absorption, gut-friendly magnesium bisglycinate chelate, available in tasty single-serve packets.

Express gratitude. A calm mind helps set the stage for better sleep, and cultivating positivity also helps reduce stress. Noticing the little things (a wonderful dinner with family, a gorgeous sunrise, even a great parking spot) can help you shift into a positive mind-set. Start today by jotting down something you're thankful for. Getting in the habit of noticing everything that's going right can help put you in a better frame of mind.

[Learn more at omgnutrition.com](https://omgnutrition.com)

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