

7-Day Sleep & Slim Challenge

Welcome!

This 7-day guide is your natural blueprint to improve sleep quality and promote weight loss. Each day you'll follow simple lifestyle changes and tips to reset your body and metabolism.

Day 1: Digital Detox & Wind-Down

Avoid screens 1 hour before bed. Take a warm bath with Epsom salts or read a book to unwind.

Day 2: Sleep-Boosting Foods

Include magnesium and tryptophan-rich foods like spinach, almonds, and bananas. Optional: Try SleepLean for deeper sleep and metabolism support.

Day 3: Morning Movement & Breathing

Walk in the morning sunlight for 10 minutes. At night, do deep 4-7-8 breathing to calm the body.

Day 4: Herbal Tea & Journaling

Sip chamomile tea before bed. Journal 3 things you're grateful for and a goal for tomorrow.

Day 5: Early Dinner Routine

Eat your last meal 23 hours before bed. Focus on light protein and veggies for fat-burning sleep.

Day 6: Sleep Cycle Reset

Sleep and wake up at the same time daily. Keep your bedroom cool, quiet, and screen-free.

Day 7: Lock In Your Routine

Repeat your favorite rituals. Track your improvements. Explore natural support like Sumatra Slim.

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Recommended Products

These natural wellness products are trusted by thousands and support your journey:

[SleepLean - Click here](#)

[Sumatra Slim Belly Tonic - Click here](#)

[NuNerve - Click here](#)