massage therapy can help you fall asleep and stay asleep longer

massage therapy can help by:

carried encouraging physical relaxation

Treducing stress controlling anxiety

aches and pains

🏠 reducing fatigue 🧠 🏠 improving sleep quality

6 TIPS for better sleep



have a regular wake up time

if you can't sleep, try doing something else until you're tired again

use the bedroom only for sleep

limit screen time before bed

limit alcohol and caffeine

exercise regularly, but not right before bed