

# HOW TO BOOST YOUR IMMUNE SYSTEM - 3

**SLEEP! At least 7 hours a night if you can.**

Make sure your bedroom is totally dark -  
or wear eye shades that block out all light.

Stop looking at ANY device at least  
2 hours before you go to bed.

Charge your phone in another room -  
NOT beside your head or within 6 feet of you  
unless you put it on airplane mode - this is IMPORTANT.

Avoid violent movies or news shows before you go to bed.

Play this video

[https://www.youtube.com/watch?v=iXL\\_MupS6NQ](https://www.youtube.com/watch?v=iXL_MupS6NQ)  
while you work, and especially while you sleep,

These sounds will work throughout your home, so you can play from  
another room (no need to have your phone in your bedroom)  
and create a calm 'vibe' or field.

Exercise during the day. Work hard in the garden.  
Swim in the ocean if you can. Sit in the sun. This all helps.

Read 'The Circadian Code' by Satchin Panda

Write 3 things in a gratitude journal  
before you go to sleep as a ritual every night.

You will be surprised at how much your sleep pattern changes  
if you do these things and are grateful.