

## 4 Easy Tricks to Sleep Faster—and Better

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It seems every wellness article we read lately proclaims the importance of sleep and how vital it is to nearly every function of the body. But what if getting shut eye doesn't come easy to you once you hit the sheets? We spoke to a few pros to find the best ways to get you snoozing, pronto.

### **Inhale Deeply**

Before getting into bed, try misting your linens with a lavender spray. (We like Le Couvent de Minimes Pillow Mist, \$19; lecouventdesminimes.com.) “Lavender stimulates a part of the nervous system that helps trigger relaxation and reduces anxiety,” says **N.Y.C. naturopathic doctor Gabrielle Francis**.

