

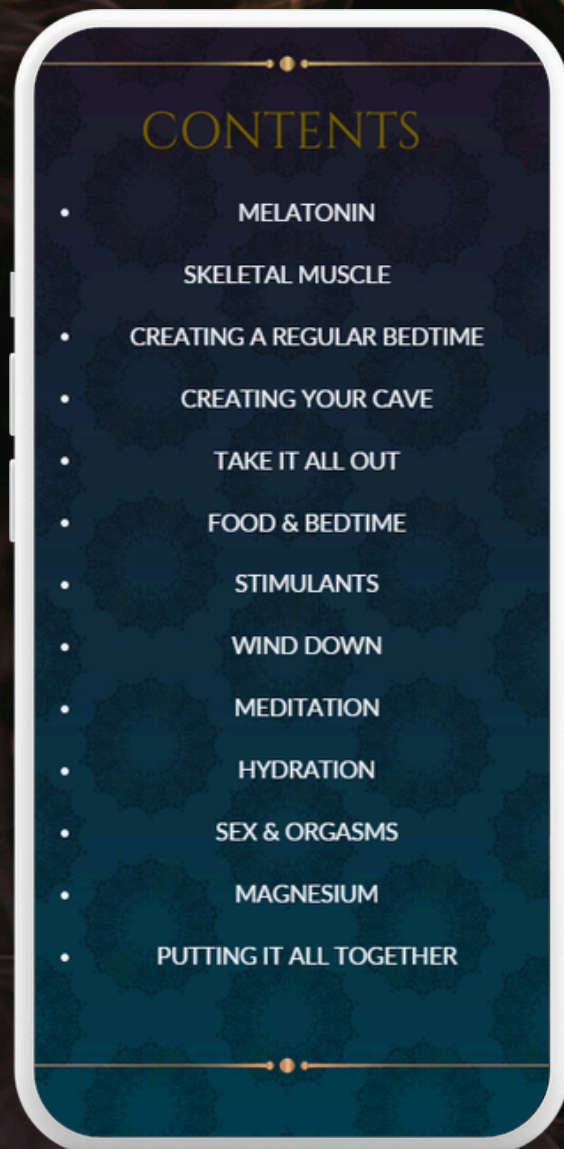
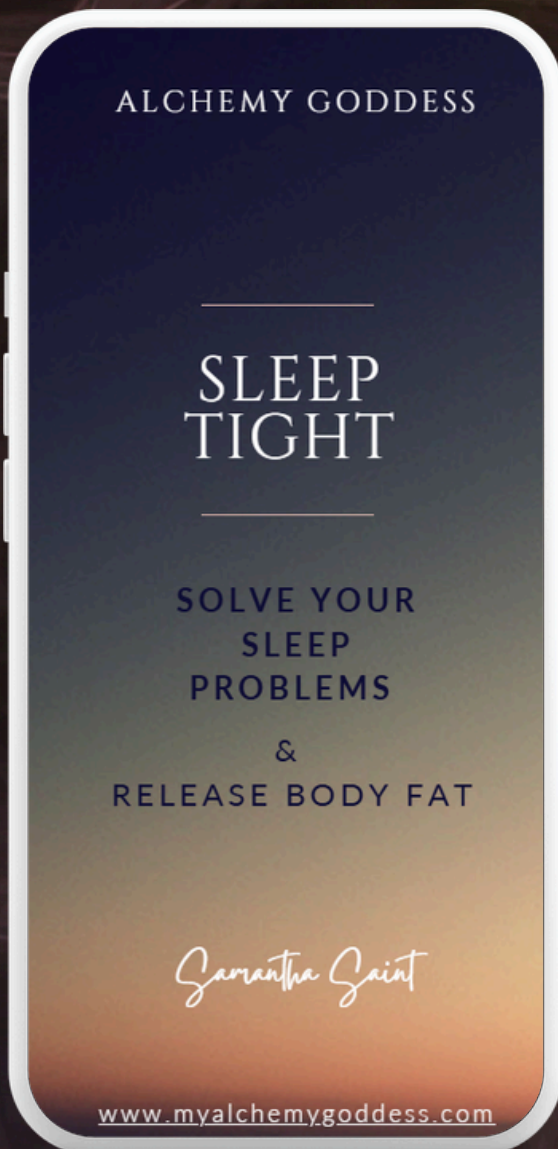


ALCHEMY  
GODDESS

# Bedroom Sanctuary Checklist

- **Clear The Energy** - Sage your space
- **Clear The Clutter** - Get rid of old junk you don't want, tidy clothes away, tidy under the bed
- **Blackout Blinds** - Increase melatonin production & create that Sanctuary vibe - dark and cosy.
- **Bedside Lamps** - Get soft bulbs and/or a dimmer switch.
- **Plants** - Oxygen creating, close to nature, relaxing.
- **Scent** - Non-toxic candles, essential oils, oil burner.
- **Calming Crystals** - Rose Quartz - Calming, grounding, love.
- **Soothing Art Work** - Calming, makes you smile, comfort, dreamy.
- **Other helpful tools:**
  - Journal & pen
  - Sleep mask if you haven't got blackout blinds
  - Meditation App - Insight Timer

# The Sleep E-book



Sleep Tight: Solve Your Sleep Problems & Release Body Fat  
Unlock deep, restorative sleep so your body can rebalance hormones, reduce cravings, and naturally release stubborn weight – without extreme diets or complicated routines.

[Get The Book](#)