

# Optimize Your Fertility Naturally

## Checklist

- Get a consistent 7-9 hours of sleep each night.
- Establish a self-care routine.
- Learn how to deeply relax with yoga, meditation, or another technique.
- Get plenty of movement and exercise.
- Eat a well-balanced diet.
- Stay hydrated.
- Check your vitamin D level.
- Reduce your exposure to endocrine disrupting chemicals like phthalates, BPA, and triclosan.

