

# HOW TO FALL ASLEEP

Why is sleep so important? It makes you...

- HAPPIER
- HEALTHIER
- SMARTER
- BETTER LOOKING
- A BETTER PERSON

Enjoy the **LIGHT**

Exercise for **30 minutes**

Take a **NAP**  
(Not no later than 3pm)

Don't have caffeine after **5PM**



Avoid the **LIGHT**

Go to the bathroom

Quality sleep needs **DARKNESS**

Don't **EAT** up to **2 HOURS** before...  
but don't go to bed hungry

Don't drink **ALCOHOL**  
... you'll wake up more

60-65 °F 15-19 °C  
Keep it **COOL**

SILENCE is **GOLDEN**

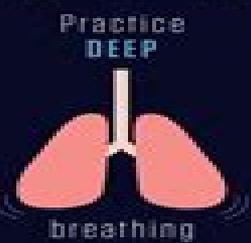
Start to **WIND DOWN**:

Your bed is **SACRED**  
Use it only for sleep & sex



## FALL ASLEEP FASTER

Take a **WARM** shower



Don't think about **WORDS** or **MUSIC**

Do some **MENTAL MATH**

Practice **PROGRESSIVE MUSCLE RELAXATION**

**CHRONOLOGICALLY** retrace your day



# Fall Boots Sleep Hacks Guide

**EW Minium**

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