

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**

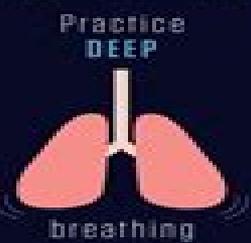
Start to **WIND DOWN**:



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

L Darling-Hammond



Fall Boots Sleep Hacks Guide:

Death, Daring, and Disaster Charles R. "Butch" Farabee, 2005-04-07 375 exciting tales of heroism and tragedy drawn from the nearly 150 000 search and rescue missions carried out by the National Park Service since 1872 **Outdoor America** ,1930 **Field & Stream** ,2005-06 FIELD STREAM America s largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations **Boating** ,1963-01 **Ladies' Home Journal** Edward William Bok,1913 **The Ladies' Home Journal** ,1922 **Cope's Tobacco Plant** ,1877 **The Australian Journal** ,1884 Youth's Companion Nathaniel Willis, Daniel Sharp Ford, 1893 Includes songs for solo voice with piano accompaniment The Classmate ,1895 **Words on Cassette, 2002** R R Bowker Publishing, 2002 **Backpacker** ,2009 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured **The Postal Record** ,1918 **Field and Stream** ,1926 The Saturday Evening Post ,1906 *New Left Review* ,1961 Forest and Stream ,1893 *Youth's Companion* ,1878 The Index ,1907 **Farm, Stock and Home** ,1892

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