

night time routine for best sleep



7:30 p.m.

Limit your screen time.



7:45 p.m.

Take some time to do some yoga.



8:00 p.m.

Turn on some relaxing music.



8:15 p.m.

Take a nice warm bath or shower.



8:30 p.m.

Turn down the lights.



9:00 p.m.

Read your favorite book.



9:30 p.m.

Time for your beauty sleep!



kindroot™

Weekly Ad Sleep Hacks Tips

Liyong Dong



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