

# 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!



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# Weekly Ad Sleep Hacks Tips

**N Colangelo**



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