

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 2pm)

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 18-19 °C



Keep it **COOL**

SILENCE is

GOLDEN

Start to **WIND DOWN**:



Read a book



Write down three good things from your day



Meditate

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



FALL ASLEEP FASTER

Take a **WARM** shower

Practice **DEEP**



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

Do some **MENTAL MATH**

Practice **PROGRESSIVE** **MUSCLE** **RELAXATION**

CHRONOLOGICALLY retrace your day



Fall Boots Sleep Hacks Guide

KJ Lindholm-Leary



Fall Boots Sleep Hacks Guide:

Discover tales of courage and bravery in Explore Bravery with is empowering ebook, **Fall Boots Sleep Hacks Guide** . In a downloadable PDF format (Download in PDF: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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