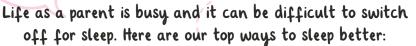
Better Sleep Tips



Get(Up)

Getting out of bed can stop the worry cycle

Gleep Shelter

Make sure your bedroom is as comfortable and relaxing as possible

Meditation

Relax and prepare for bedtime with meditation

Counting

Slow your mind down by counting back from 100

Brain Containe

Keep a worry box or notepad by your bed to write down any thoughts or feelings

Ut Phones And

Put phones away just before bedtime

My Sleep Goal:			