

# Sleep Routine

Sleep is foundational for healthy functioning. It helps us recharge and preapre our minds and our bodies for the following day. Use this worksheet to begin to map and implement some important habits for a healthier night's rest.



Eat your last meal at least 2.5 hours before bed

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Turn all devices with a screen, off 45 mins before bed

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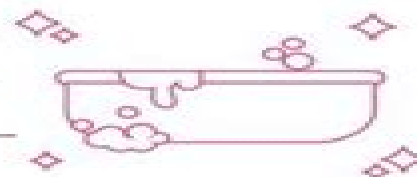


Reduce clutter and increase open space in your room

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Take a warm shower or bath. Implement a skin care routine.

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Replace digital time that helps you falls asleep with journaling, reading, meditation, coloring, etc.

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Use a diffuser with essentail oils or incense to have a relaxing scent flowing into the room.



Drink your favorite cup of warm tea (decaf)

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No light should be coming into the room. Close all curtains.



# Math Worksheet Grade Sleep Hacks Tips

**M Woodhall**



## **Math Worksheet Grade Sleep Hacks Tips:**

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