

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

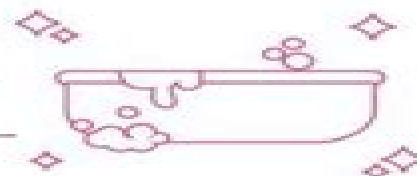


Turn all devices with a screen, off 45 mins before bed



Reduce clutter and increase open space in your room

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



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

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)

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



Sleep Hacks Math Worksheet Grade Tips

Kristin B. Swanson, Carol Turkington



Sleep Hacks Math Worksheet Grade Tips:

Get Ready! For Standardized Tests : Math Grade 2 Kristin B. Swanson, Carol Turkington, 2001-07-05 One of the areas of study students find most difficult to master and are most fearful of is math Yet the core math skills acquired in the first four years of school form the basis of all future academic success Get Ready for Standardized Tests the first and only grade specific test prep series now features hands on guidance on helping kids master the all important basic math skills while arming parents with the tools they need to help their children succeed

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Journal of Education ,1881 New England Journal of Education ,1897 **The Century Dictionary** William Dwight Whitney,1889
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