

BEDTIME ROUTINE

Before Bed



Stop eating
2 hours
before bed

Drink
calming
tea



Aromatherapy
in your room

Write a
gratitude
journal



During

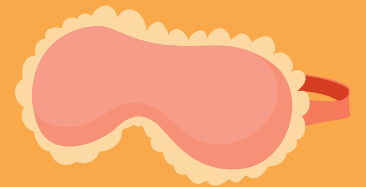
Charge
your phone



Go to bed
at the
same time



Try a
sleep mask



choose a
comfortable
pillow

