

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

Avoid the **LIGHT**

Go to the
bathroom

NOW

Don't EAT up to
2 HOURS before...
but don't go to bed hungry



Start to WIND DOWN:



Take a **WARM**
shower

Practice **DEEP**



FALL ASLEEP FASTER

Don't think about
WORDS or
MUSIC



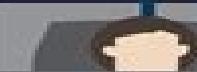
Do some
MENTAL MATH



CHRONOLOGICALLY

retrace

your day



Take a **NAP**
(but no later than 2pm)

Don't have
coffee after **5PM**

Quality sleep
needs
DARKNESS

SILENCE is

GOLDEN

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



Fall Boots Sleep Hacks Guide

Rosina Ehmann

Fall Boots Sleep Hacks Guide:

Death, Daring, and Disaster Charles R. "Butch" Farabee, 2005-04-07 375 exciting tales of heroism and tragedy drawn from the nearly 150 000 search and rescue missions carried out by the National Park Service since 1872 *Outdoor America*, 1930

Field & Stream, 2005-06 FIELD STREAM America's largest outdoor sports magazine celebrates the outdoor experience with great stories compelling photography and sound advice while honoring the traditions hunters and fishermen have passed down for generations *Boating*, 1963-01 **Ladies' Home Journal** Edward William Bok, 1913

The Ladies' Home Journal, 1922 *Cope's Tobacco Plant*, 1877 **The Australian Journal**, 1884 *Truth*, 1883

Backpacker, 2009 Backpacker brings the outdoors straight to the reader's doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world's first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker's Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured **Youth's Companion** Nathaniel

Willis, Daniel Sharp Ford, 1893 Includes songs for solo voice with piano accompaniment **The Classmate**, 1895 **Words on Cassette, 2002** R R Bowker Publishing, 2002 **The Postal Record**, 1918 **Field and Stream**, 1926 **The Saturday Evening Post**, 1906 **New Left Review**, 1961 *Forest and Stream*, 1893 **Youth's Companion**, 1878

Farm, Stock and Home, 1892

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