

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**:



Read a book

Write down those pesky
thoughts from your day

RELAXATE

Practice **DEEP**



Take a **WARM**
shower

FALL ASLEEP FASTER

Don't think about
WORDS or
MUSIC

Do some
MENTAL MATH

Practice
PROGRESSIVE
MUSCLE
RELAXATION

DURING YOUR DAY

SLEEP DISRUPTORS

BEFORE BED

NATURAL REMEDIES THAT WORK

YOUR ENVIRONMENT

BEDTIME

Don't drink **ALCOHOL**
...it'll wake you up



Keep it COOL

SILENCE is

GOLDEN

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



CHRONOLOGICALLY

reface

your day



Take a **NAP**
Just 20 minutes when tired

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

Quality sleep
needs
DARKNESS

Fall Boots Sleep Hacks Guide

JS Bruner

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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