

# 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**

**DURING YOUR DAY**

**SLEEP DISRUPTORS**



Take a **NAP**  
(but not later than 3pm)

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

Avoid the  
**LIGHT**

Go to the  
bathroom

**NOW**

**BEFORE SLEEP**

**NATURAL REMEDIES THAT WORK**

**BEDTIME**

**YOUR ENVIRONMENT**

Quality sleep  
needs  
**DARKNESS**

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

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

60-65 °F 15-19 °C

Keep it **COOL**

SILENCE is

**GOLDEN**

Start to **WIND DOWN**:

Read a book

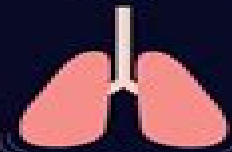
Write down three good things from your day

Meditate

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

**FALL ASLEEP FASTER**

Practice  
**DEEP**



breathing

Don't think about  
**WORDS**  
or  
**MUSIC**

Do some  
**MENTAL MATH**

Practice  
**PROGRESSIVE**  
- **MUSCLE** -  
**RELAXATION**

**CHRONOLOGICALLY**  
retrace  
your day

# Fall Boots Sleep Hacks Guide

**K Morrison**

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, positioned to the right of the author's name.

## 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    *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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