

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

G Psacharopoulos

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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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