

Good sleep changes everything



Powerful tips for a good night's rest.

Sleep affects our ability to be present, focus, and feel happy and inspired throughout the day.

- 1 . **Make your room a sanctuary.**
Put your phone on sleep mode, light some incense, or play some soothing music. Anything that makes your room feel dark, calm, and ready for rest.
- 2 . **Infuse your evening routine with a calming practice.**
Whether it's slow stretching, a short meditation, journaling, or conscious breathing, do a simple activity to find your center before bed.
- 3 . **Eat or drink something if your body needs it.**
A warm cup of tea, hot cocoa, or even a light snack can help the body feel satisfied before falling asleep.
- 4 . **Get into bed only when you're ready for sleep.**
Try not to get in bed and scroll on your phone or watch TV. Make your bed a space that is primed for sleeping, not other distracting activities.

If your brain is still buzzing, explore in-app sleep activities to help your mind prepare for rest.