

Sleep

Keep a sleep routine. Go to bed at the same time every day! Also make sure you wake up at the same time to face the day ahead.



Read a Book



Download Headspace Includes:

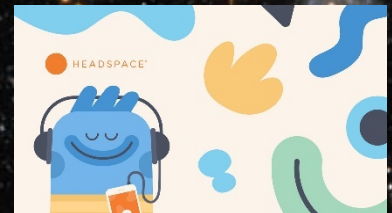
- Meditation**
- Deep breathing**
- Anxiety help**
- Stress help**

Have a cool room

Keep noise down. If you can't, wear a pair of ear phones.

Deep breathe

Body Scan Exercise



Exercise during the day to aid a great night's sleep!

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Say goodbye to electronics – Before you start thinking of going to sleep, make sure you turn off your phones, I-Pads, computers, and social media.