



Your Sleep Checklist

- Get sunlight first thing in the morning.

- Finish last meal minimum 3 hours before bedtime.

- No snacking.

- Blue light blocking glasses 1-2 hours before bed.

- Calming Tea. Camomile, Lavender, Lemon Ginger tea.

- Go to bed at the same time each night.

- Eye Mask or Black out curtains

- Mouth taping

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