



# SLEEP CHECK LIST

TIME TO TICK YOUR LIST!

- It is time to have a bite to eat 20 mins before bed, a banana is good.
- Take your magnisium tablet
- Make sure you have jotted all your thoughts in your journal
- Spray the room with sleepy spray
- Focus on sleep and turn off the tv at 9pm
- Phone is other room at bed time
- Have a warm bath or shower to relax the mood
- Your thoughts are focused on sleep only
- 10 MIN DEEP BREATHING
- Tits time to rest now, book or just take your eyes off to everything and rest .. NIGHT XX