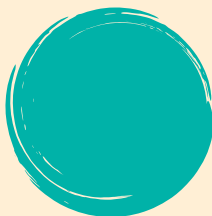




# MY BEDTIME ROUTINE



**Schedule an alarm & turn off all electronics  
1 to 1-1/2 hours before bedtime**



**Do the same activities every night to help me relax &  
tell my body to get ready for sleep.**



**Eat a healthy carb & fat to help me sleep  
through the night**

**LIST 3 GOOD THINGS ABOUT MY DAY**



**TURN OUT  
LIGHTS**

**7-8 HOURS  
BEFORE I NEED TO GET UP  
IN THE MORNING**



**RELAX.  
REFRESH.  
RENEW.**

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