



Are you Sleeping?

Fatigue due to sleep deprivation can impair your ability to think and perform similar to having a blood alcohol content of 0.1%. The legal limit while driving is 0.08%

- **Guided relaxation activity to help you sleep:** <https://tinyurl.com/y5dh3tdx>
- **Yoga stretches for a Good Nights' Sleep:** <https://tinyurl.com/y2osv2st>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 Journal all your racing thoughts and worries before going to bed.	4	5 Establish a nighttime routine to signal your body it's time to sleep.	6	7 Turn off all media screens at least one hour before bed.	8
9	10 Enjoy a nighttime tea like chamomile or soothing drink (turmeric milk).	11	12 Utilize aroma therapy to help wind down for the evening.	13	14 Use menthol, herbal bath bombs or salts to soothe your body and help fight inflammation while taking a bath.	15
16	17 Avoid caffeine or simple sugars before bedtime.	18	19 Set a timer on your TV to turn off at a certain time each evening to avoid late night bingeing.	20	21 Do not take electronic devices into your bedroom.	22
23	24 Utilize apps like: MyLife, Insight Timer, Headspace or Calm to help with relaxation and sleep.	25	26 Explore Tapping or EFT to help wind down for sleep; Tapping Solution app is free now.	27	28 Establish a calming environment for sleep: cool temp, darkened shades, earplugs, comfy pillow and sheets.	29
30	31 Don't go to bed angry; practice acceptance and forgiveness!	1	2	3	4	5

EATWell

Stop snacking and caffeine consumption several hours before you go to sleep.



MOVEWell

Use yoga or nighttime stretches to signal the body you are ready for sleep.



LIVEWell

Sleep at least 6 hours at night.

