

# 3-Step Guide to Getting a Better Night's Sleep



LEAFSTEMANDOIL



1) Stop using electronics an hour before bed and leave them outside the bedroom

2) Don't drink alcohol or consume sugar starting an hour before bedtime

3) Do this simple mindfulness exercise to ground yourself:

- List 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste