









# JANUARY

GET BETTER SLEEP!



SUN	MON	TUE	WED	THU	FRI	SAT
			GOAL: KEEP A CONSISTENT SLEEP PATTERN!	ENJOY THE MORNING SUN 	STOP EATING 3-4 HOURS BEFORE BEDTIME	KEEP YOUR CAFFEINE TO A MORNING CUP
 DON'T BE A BEDTIME SCREEN ZOMBIE	IMAGINE YOURSELF ON A BEAUTIFUL WALK	AIM FOR 7-9 HOURS OF SLEEP	TAKE A WARM BATH 1-2 HOURS BEFORE BED	MEDITATE! 	EXERCISE! 	KEEP YOUR BEDROOM DARK AND COOL (65 F).
EAT A LIGHT DINNER	REFRAIN FROM DRINKING ALCOHOL 	MAKE A WORRY (LATER) LIST BEFORE BED	YOGA OR GENTLE STRETCHING BEFORE BED	TAKE A WORK BREAK OUTSIDE IN THE SUNLIGHT	STOP DRINKING 1-2 HOURS BEFORE BED	BODY SCAN EXERCISE
PRACTICE DEEP MINDFUL BREATHING	GIVE YOURSELF AN HOUR TO UNWIND BEFORE BED	EAT ONLY DURING DAYLIGHT HOURS	CONSIDER AVOIDING MELATONIN SUPPLEMENTS	ONLY GO TO BED WHEN YOU'RE SLEEPY	DON'T READ, WORK OR WATCH TV IN BED	AVOID NAPPING 
ENSURE A COMFORTABLE BEDROOM ENVIRONMENT	DON'T TOSS AND TURN MORE THAN 15 MINUTES...	PRACTICE THE 4-7-8 BREATHING METHOD	SCENT YOUR BEDROOM WITH LAVENDER 	TRY FORCING YOURSELF TO STAY AWAKE.	FORGET ABOUT YOUR CLOCK 	 TRY THESE CHALLENGES AGAIN NEXT MONTH!

Get up and do something relaxing.

LEARN MORE AT [LIFEAPPS.IO](http://LIFEAPPS.IO)