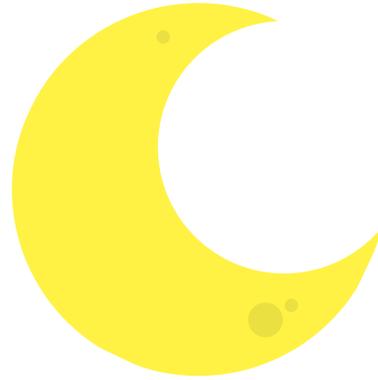


BEDTIME RITUALS

# SLEEP WELL TONIGHT



TIPS TO PROMOTE A  
RESTFUL SLEEP

**Herbal Tea**  
**Cozy Pajamas**  
**Light Stretching**  
**Calming Music**  
**Room Temperature**  
**Brush, Floss, & Scrape**  
**Recapitulation**  
**Journal**  
**To-Do List**  
**Affirmation/Prayer**