

HERE'S WHAT OTHERS ARE SAYING ABOUT HOW THEY GET ENOUGH QUALITY SLEEP:

- I have a little pre-bed ritual I started. I dim the lights half an hour before I want to sleep and turn on soft music.
- I love a good warm herbal tea before bed. It helps me unwind and relax.
- We turn off electronics an hour before bedtime. That way there are no distractions as we get ready.
- I have a machine that makes white noise. It helps cancel out the sound of cars passing, which easily wakes me up during the night.

GOAL SETTING

HOW CAN YOU IMPROVE YOUR SLEEP QUALITY OR TIME THIS WEEK?

HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?
(On a scale of 0-10, 10 being very confident)

WHY DID YOU CHOOSE THAT NUMBER?

WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?



DID YOU KNOW?

SleepWell Vegan Melatonin Spray contains a blend of soothing chamomile, hops, valerian, passionflower, and melatonin to promote a more restful sleep without next-day drowsiness.