

BEST SLEEP OF YOUR LIFE CHECKLIST

- Lack of sleep can be an incredible gift.
- Amazing sleep doesn't require a fancy bed or creepy music.
- How we spend our days is how we spend our nights.
- Don't fight anxiety; make room for it with love.
- Thought download to empty your brain, instant relief, and stop rehashing.
- Provide comfort: "My body always knows how to get the exact amount of sleep it needs." "Nothing has gone wrong." "This is the exact sleep I need today." Ditch "should" and "enough."
- There is no such thing as a brilliant idea at 3:15 AM.
- 5-step magic trick to the most magical bedtime routine.
- The strategy for unplanned 3:15 AM wake-up call.