



“brushing my teeth
then I hop into bed”

“on days where I drink coffee
... I will use a melatonin spray to ...
help me fall asleep”

“using lavender
essential oil
in my diffuser”

“then I grab my Kindle to
do some reading
I'm currently reading a book
called the girl on the train”

“I really hope you guys
enjoyed this video
thumbs it up and
subscribe”

time