



...



...



"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"

time

