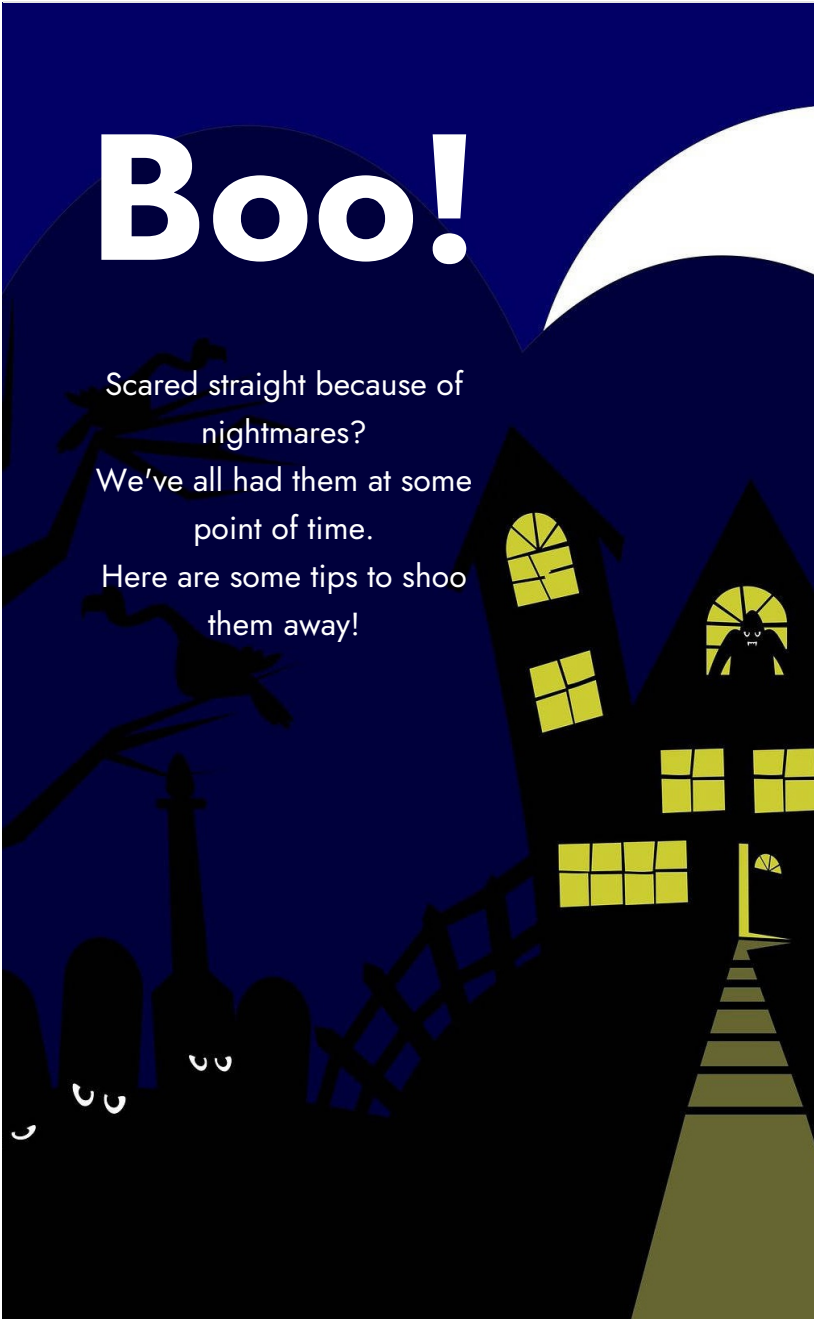


**WhoaBot**

# Boo!

Scared straight because of  
nightmares?  
We've all had them at some  
point of time.  
Here are some tips to shoo  
them away!





# Set a 'Worry Time'

Worry time is a scheduled period in your day – perhaps 20 minutes or so – where you can specifically address worry thoughts.

You'll be creating actual space in your daily schedule to tackle those thoughts.

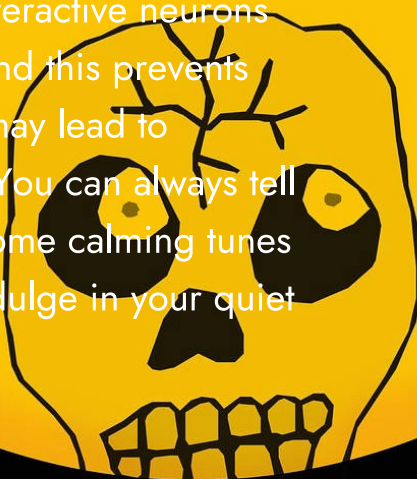
Setting time aside to work through your worries can prevent them from keeping you up. Just make sure you don't do this close to your bedtime!

## Roam

# Around

Calm down. Take a stroll in the pleasant outdoors. Feel the cool breeze hitting your face and relax.

Slowing down brain activity helps to prevent overactive neurons from firing and this prevents anxiety that may lead to nightmares. You can always tell me to play some calming tunes while you indulge in your quiet saunter.

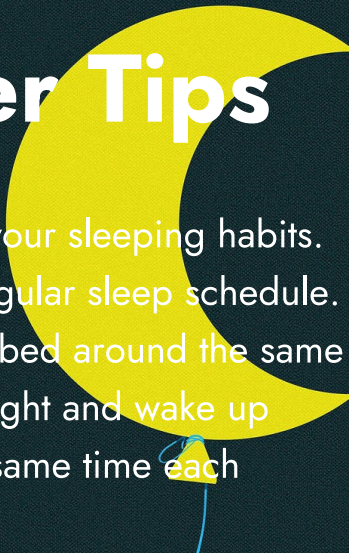


## Other Tips

Reevaluate your sleeping habits.


- \* Keep a regular sleep schedule.

Try to go to bed around the same time each night and wake up around the same time each morning.



- \* Cut down your intake of caffeine and alcohol before bed.
- \* Try some form of aerobic exercises like swimming, jogging, tennis, etc
- \* Try not to eat anything before bed. Eating increases brain activity, which can cause nightmares.

# Sweet Dreams, friend!



Hope these tips help you to get the much needed Z's, and you wake up full of zest – ready to conquer the day!

Remember that you are loved. Cheers! –  
WhoaBot

