

WhoaBot

Can't sleep, huh?

That's all right.
Happens to the best of us.
Just remember these 3
tricks, and you'll be
aboard the dream weaver
train in no time!

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!

Set a To-do List



A to-do list is nothing but a



collection of the things that you plan to do in the near future.

This way you won't stay up thinking about everything that needs to be done...

The point is that these things should be manageable items—and that you should set the list aside and save it all for the morning

Create a Buffer Zone




A buffer zone is a period of time right before bed – maybe 30 minutes or so – that you can use to unwind from the day and prepare your body for sleep. Anything that brings you calm and peace! For example: Taking a hot bath or shower, reading a book, or listening to some

mellow music.

Try to pick an offline, no screens activity if possible. Bright devices(or even bright lights in your home!) can keep you alert at bedtime

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!

An illustration of two black hands cupping a blue globe. A yellow crescent moon is positioned on the right side of the globe. The hands and globe are set against a solid green background.

Remember that you are loved. Cheers! –
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