



Get
More
Sleep Now!

Hacks for the Exhausted Mom

Physical Stuff

10 minutes of exercise every day. And yes, walking the dog counts!

Wake up at the same time every morning.

Keep indoor lights low in the evening.

Emotional Stuff

Go outside in the sun every day. Your day dictates your night!

Learn healthy ways to cope with stress.

Include a favorite thing into your day to increase happiness: book, music, dance, drawing.

Mental Stuff



Journal down your thoughts

Have a supportive friend to talk to

Take a mental health/self care break: hot bath, meditate, aromatherapy, massage.