

The background of the image is a photograph of a beach at sunset. The sky is a mix of orange, red, and purple. The ocean has gentle waves. In the foreground, a bed with a grey blanket is visible, partially obscured by the window frame. The window frame is dark and divides the image into several panes.

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.