

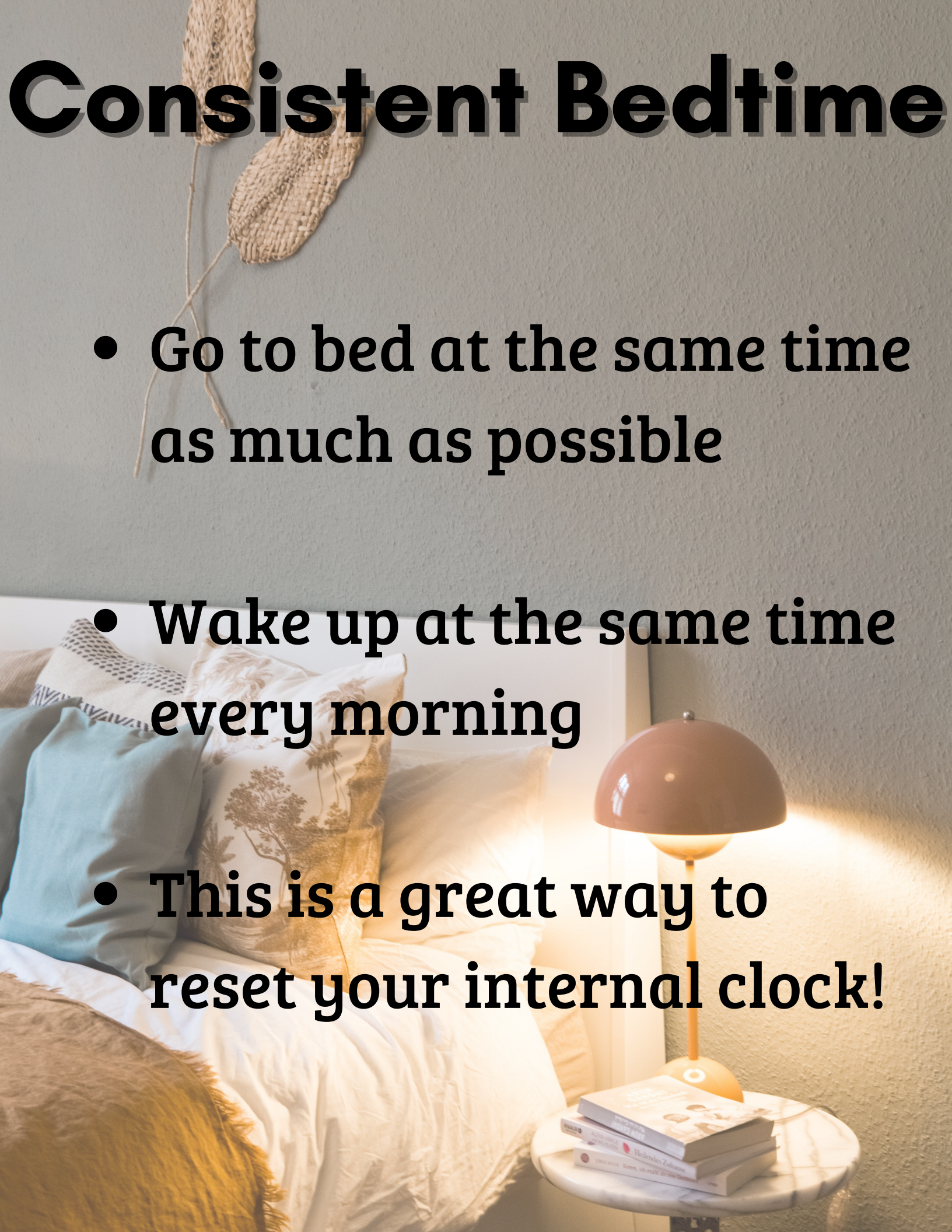
A photograph of a bedroom interior. In the foreground, a bed with a white headboard is visible, featuring several pillows: a teal one, a white one with a palm tree pattern, and a white one with a geometric pattern. To the right of the bed, a red dome-shaped lamp sits on a nightstand, casting a warm glow. The background wall is a textured, light grey. Two woven, leaf-like decorations hang on the wall above the bed.

Solutions to Bedtime Struggles

Solutions for you & your family

Consistent Bedtime

- **Go to bed at the same time as much as possible**
- **Wake up at the same time every morning**
- **This is a great way to reset your internal clock!**



Reduce Lights

- **Blue lights and LED lights negatively impact your sleep**
- **Remove these lights from your bedrooms**
- **Block tiny lights from clocks and sound machines with black tape**

Drop the Devices

- **The blue light from devices and tv disrupts sleep hormones**
- **Turn off all devices at least 30 minutes before bed**
- **Other ways to wind down before bed: read, bath or massage/intimacy**

Reduce Stress

- 1 or 2 hours before bed, create a calm and quiet environment
- Dim the lights in the house
- Put calm music on
- If you enjoy scents, burn some incense or put a relaxing oil in your diffuser such as lavender or chamomile.