

# Easy Ways to Sleep

Easy Tools for Tired Moms

# Physical Points

**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 Points

**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 Points

**Journal down your thoughts**

**Have a supportive friend to talk to**

**Take a self care break:  
hot bath, meditate,  
aromatherapy, massage.**