IDEAL NIGHTTIME ROUTINE

- [ ] Turn on do not disturb
- [ ] Eat a healthy dinner
- [ ] Go on a short walk
- [ ] Catch up on a TV show (just one!)
- [ ] Turn my phone off for the night
- [ ] Eat a healthy dessert
- [ ] Drink CLAM tea
- [ ] Take a hot bath
- [ ] Read a few chapters in my book
- [ ] SLEEP

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