

# 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