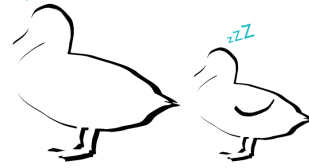


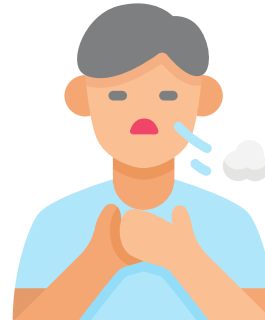
My Nighttime Plan



WEEK TO SLEEP™

1. Bedtime- Lay in bed

You might not fall asleep, or feel tired at first—that is ok! Lay and stay in bed and think about the day, count sheep, breathe deeply, or think about what makes you feel happy.



2. Middle of the night- Stay in bed

If you wake-up- that's normal! Get cozy, and settle in your bed, think about what you would like to dream about, and relax your body.

