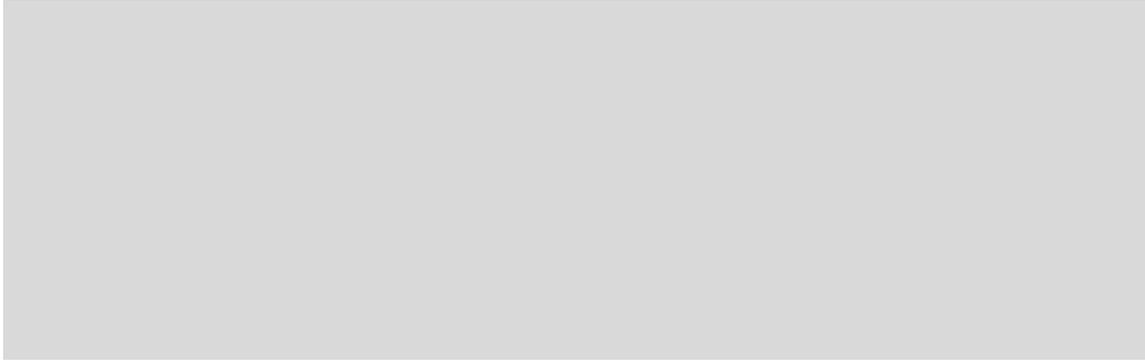


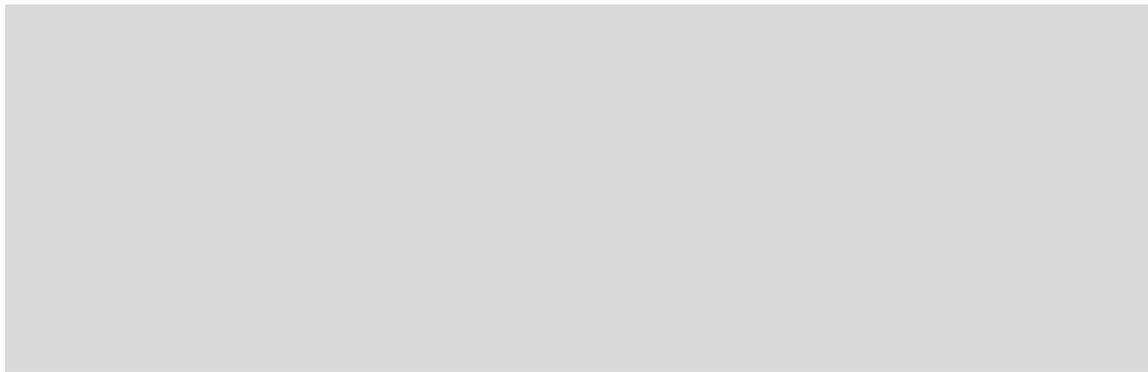
# Sleep and Rest

## STEP 3 Sleep and Rest

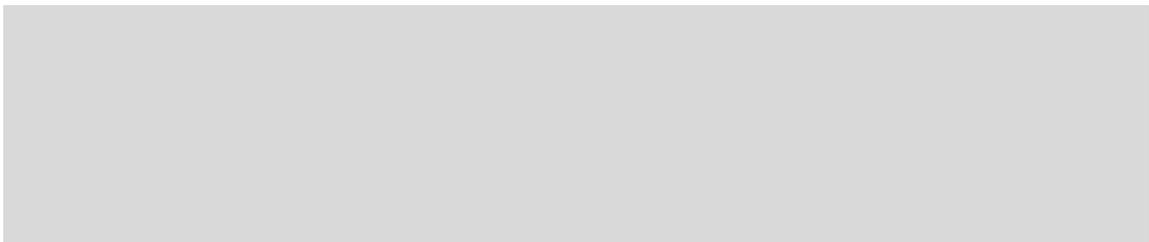
What does your current bedtime routine look like?



What does your new bedtime routine look like?



What changes do you need to make?



How do you think you'll benefit from having good sleep?

