Good sleep changes everything

Powerful tips for a good night's rest.

Sleep affects our ability to be present, focus, and feel happy and inspired throughout the day.

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headspace **MIIA Well Aware** Work Well. Live Well.

1. **Make your room a sanctuary.**
   Put your phone on sleep mode, light some incense, or play some soothing music. Anything that makes your room feel dark, calm, and ready for rest.

2. **Infuse your evening routine with a calming practice.**
   Whether it's slow stretching, a short meditation, journaling, or conscious breathing, do a simple activity to find your center before bed.

3. **Eat or drink something if your body needs it.**
   A warm cup of tea, hot cocoa, or even a light snack can help the body feel satisfied before falling asleep.

4. **Get into bed only when you're ready for sleep.**
   Try not to get in bed and scroll on your phone or watch TV. Make your bed a space that is primed for sleeping, not other distracting activities.

If your brain is still buzzing, explore in-app sleep activities to help your mind prepare for rest.