



Day One

Give yourself the gift of a
better night's sleep. Turn off your
electronics 1 hour before bedtime.

Kick start your *12 Days of Wellness* by giving yourself the gift of a good night's sleep. The blue light from electronics disrupts the release of melatonin, our sleep-promoting hormone. Turn off your electronics one hour before bedtime tonight and enjoy an easier time falling asleep.

If you are looking for something to do instead, try cozying up with a book. Bedtime reading can help reduce your stress making it easier to fall asleep.



cheers!