

BUILD YOUR PERFECT SLEEP SPACE

Circle what helps you sleep your best!



What helps me sleep:

Dark Room



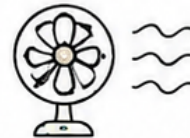
Cool Room



Quiet Room



Fan / White Noise



Dim Lights



Comfortable Bed & Pillow



Cozy Blankets



Clean & Tidy Space



Calm Scent (Lavender, etc.)



Water Nearby



Calm Music



Book to Read



Stuffed Animal or Comfort Item



Plants



Phone Away from Bed



What else helps me sleep?



Every small change can help you sleep better!

