

Turn off the screens.







Read a book.







Take a bath or shower.







Change into pajamas.







Brush your teeth.







Drink a glass of milk.







Listen to quiet music.







Do calm, stretching exercises.

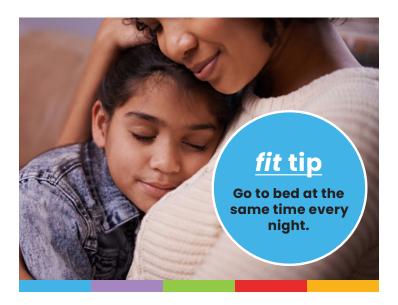






Say goodnight to family, pets, etc.







Go to bed to recharge.





