

SL:Having trouble going to sleep early?

Hey (name)

In here I am going to help you change your trouble sleeping into waking up peacefully

It can be quite difficult for beginners since it's a new start for you and your life.

For starters you should make a new routine so that your body can process the new schedule from the new hourly activity you can come up with

Turn off the TV, meditate, shower, brush your teeth, and read a book before bed as the brain is processing slowly, sending minor signals and making your system more calm.

It also improves your, sleep quality memory, more energy, better mood, testimonials, strength if you know what I mean.. anyways

Warm Milk is always a good night drink at late nights as the liquid goes down your stomach making improvements as it contains nutrients.

Sleep is the best thing in the world as we are like phone like when it's in low battery it works slower and system start draining faster due to low energy but when charging it energy grows more and works quickly, as it has more power to do activities.

Remember it's Simple just put in the work and because your life will change starting here.

Check out here for more info

<https://www.sleepfoundation.org/sleep-hygiene/how-to-go-to-sleep-earlier#:~:text=A%20number%20of%20factors%20may,can%20make%20falling%20asleep%20difficult>.

Pablo Guapo