



Track your sleep each day to build healthy habits!

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

- Aim for a consistent bedtime and wake-up time.
- Create a calming nighttime routine.
- Avoid screens 30-60 minutes before bed to improve sleep quality

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