



# Monthly Motivators

# October 2024

## More Sleep



### **GOAL:**

Get at least 7 hours of sleep per night!

Use the calendar to keep track and the tips to help you reach your goal.

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### **Tips for getting more restful sleep:**

- Stick to a consistent schedule
- Don't go to bed hungry or full
- Reduce screen time before bed
- End your day with a relaxing activity
- Keep your room cool, dark, and quiet
- Have a journal nearby for midnight thoughts