Reading: Read each sentence two times. Use MORE INTENT the second time!

March is Sleep Awareness Month.
Some sleep tips are...

Exercise regularly for a deeper sleep.

Avoid heavy meals and caffeine before bedtime.

Sleep in a quiet, cool, and dark environment.
Avoid watching television, checking your email, or using your cell phone in the bedroom.
Conversation Exercise:
State 2-3 from each item with INTENT!

Things associated with bedtime.
Beds, pillows, alarms

Good sleep habits

Consistent bedtime, dark room, no electronic devices
Bonus Reading: Read the passage two times. Use MORE INTENT the 2\textsuperscript{nd} time!

A lack of good quality sleep affects our ability to make decisions and limits our attention span, impacting both our...
professional and personal lives. The next time you consider if you had a good night’s sleep, it’s worth asking yourself: How restorative did my sleep feel? Do I feel refreshed from my sleep? Do I feel rested and ready to handle the challenges
of life until my next sleep?

https://www.thensf.org/
https://worldsleepday.org/start-your-day-with-good-quality-sleep