“NOTHING IS IMPOSSIBLE. THE WORD ITSELF SAYS, I’M POSSIBLE”

-Audrey Hepburn
Start your school year off on the right foot. Before bed, try these hacks to get a great night sleep and wake up feeling refreshed!

- Turn off your cellphone.
- Drink water.
- Read a book (not on a tablet).
- Sleep in complete darkness.
- Prep for the morning—pick out clothes, make a breakfast plan and load up your school bag—before bed.

Put your alarm across the room (so you can’t reach the snooze button).

What are your goals for this school year? Share with us on Facebook @SuperSibsALSF or by email SuperSibs@AlexsLemonade.org to win a prize!

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