

"NOTHING IS
IMPOSSIBLE. THE
WORD ITSELF SAYS,
I'M POSSIBLE"
-Audrey Hepburn





Turn off your cellphone.



Read a book (not on a tablet).



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

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!



Drink water.



Sleep in complete darkness.



Prep for the morning—pick out clothes, make a breakfast plan and load up your school bag—before bed.



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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