

"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's  
sleep and wake up feeling refreshed!



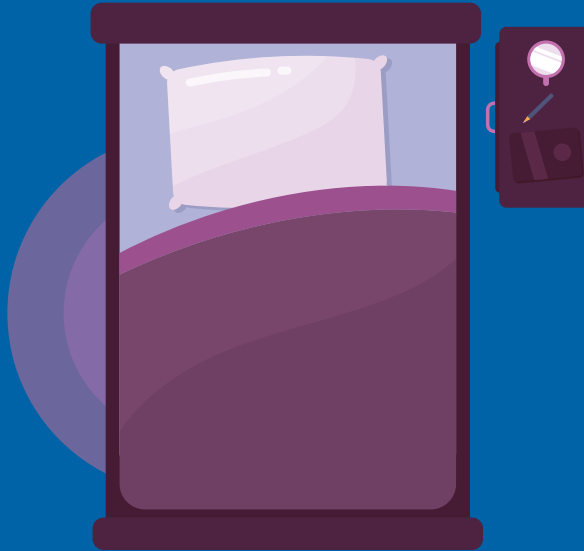
Turn off your cellphone.



Read a book (not on a tablet).



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



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.



## *Journal Prompt*

What is a lesson that you have learned through being  
a SuperSib? Write it or draw it in your journal!

**SuperSibs**

Supporting Siblings of Children with Cancer

**SuperSibs.org**