"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.
- 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.

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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