

"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.







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What are your goals for this school year? Share with us on Facebook
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