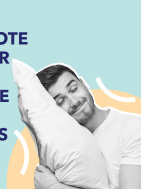
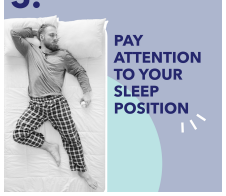
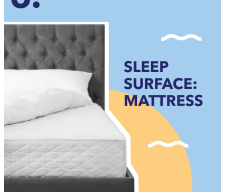
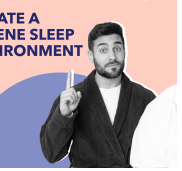
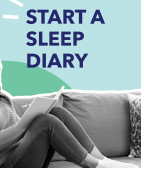
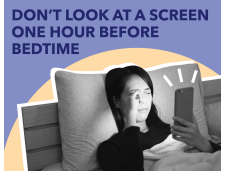
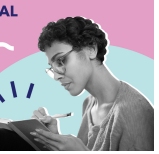
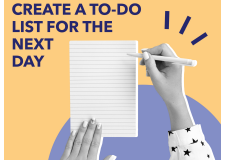
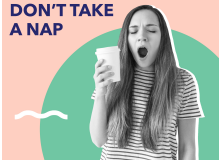
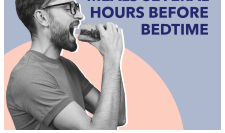
SLEEPOPOLiS

30-DAY SLEEP CHALLENGE

#SLEEPBETTERWITHSLEEPOPOLIS

MON	TUE	WED	THU	FRI	SAT	SUN
1. SET YOUR INTENTIONS 	2. DOCUMENT YOUR CURRENT SLEEP 	3. TAKE NOTE OF YOUR SLEEP SURFACE AND PILLOWS 	4. PICK THE RIGHT SLEEP ATTIRE 	5. PAY ATTENTION TO YOUR SLEEP POSITION 	6. SLEEP SURFACE: MATTRESS 	7. WASH/CHANGE YOUR BED SHEETS 
8. CREATE A SERENE SLEEP ENVIRONMENT 	9. RESERVE THE BEDROOM FOR SEX & SLEEP ONLY 	10. START A SLEEP DIARY 	11. PICK A SLEEP TIME AND WAKE TIME 	12. SET A SOOTHING ALARM TO WAKE YOU UP 	13. DON'T LOOK AT A SCREEN ONE HOUR BEFORE BEDTIME 	14. WASH/CHANGE YOUR BED SHEETS 
15. TAKE A HOT BATH AT NIGHT 	16. PICK A BEDTIME RITUAL 	17. HAVE A PLAN FOR WAKING UP IN THE MIDDLE OF THE NIGHT 	18. KEEP A DREAM JOURNAL 	19. CREATE A TO-DO LIST FOR THE NEXT DAY 	20. DON'T TAKE A NAP 	21. WASH/CHANGE YOUR BED SHEETS 
22. AVOID DIFFICULT CONVERSATIONS BEFORE BEDTIME 	23. SPEND TIME IN THE SUN 	24. INCORPORATE EXERCISE 	25. AVOID STIMULANTS 	26. AVOID LARGE MEALS SEVERAL HOURS BEFORE BEDTIME 	27. BE CAREFUL WHAT YOU READ PRIOR TO BEDTIME 	28. DON'T SNOOZE YOUR ALARM 
29. ADD A GLASS OF WATER IN THE MORNING 	30. WASH/CHANGE YOUR BED SHEETS 	31.	1.	2.	3.	4.