Keep it Steady

Go to bed and wake up about the same time every day.

Keep it Moving

If you've been stationary much of the day, your body doesn't understand that now is time to rest because it's been "resting" all day.

SLEEP TIPS for MOMS

Keep it Sober

Drinking alcohol or using THC to sleep is merely sedating your body. Your body needs sober sleep.

Keep it Clear

If you have a router, try turning it off at night and unplugging the electronics around your bedroom.

Keep it Calm

Spend at least the last fifteen minutes before bed. Take a bath, stretch, or walk in the grass outside.