

Mama Sleep Checklist

the
motherhood

30 minutes screen free before bed.

Vagus Calm - Omm, Vibrate, Cold Shower

Make it a little earlier, just a smidge.

Sleepy tea/warm water

Write down those jobs for tomorrow to get them out of your head

Turn off or aeroplane your phone - out of your room

Calm yoga if you don't feel sleepy

Guided meditation lying on acupuncture mat.

Dr Ali Young

CHIROPRACTOR