



PE WEEK 2: Getting a Good Night of Rest

Try to keep the same sleep schedule

Have a bedtime routine

Avoid sugar/caffeine before bed

Dim the lights

Stop using electronics/screens at least an hour before bed

Take a warm bath

Read a short book before bed to ease your mind.

Book before bed: *I Promise* | written by LeBron James, illustrated and narrated by Nina Mata

<https://m.youtube.com/watch?v=K0lKGohjCnM>

Soothing music to fall asleep to: Mindful Kids channel, Relaxing Sleeping Music

<https://m.youtube.com/watch?v=n7tKVVIXPFs>