No blue light, alcohol, caffeine or Good Warm exercise mattress, within 2-3 hrs bath with of bedtime good lavender pillow, oil before weighted bed blanket Warm milk, Dark room; chamomile no electronics tea, emitting melatonin light, or tincture from dr including clock before bed Bedroom **Ambient** temp TIME SIFEP 60-67°; noise or Keep soft music for 30 extremities warm: wear minutes socks Acupressure Visualization Press and indentation meditation between eyebrows Awake after 30 mins? Keep same Get up and bedtime read, all week Don't fight meditate, thinking clean. about worries: write them down & put

in a jar