Rest&Restore

My Top 3 Relaxers    My Top 3 Stressors

1. 1.

1. 2.

1. 3.

**The 5-5-7 (inhale for five &exhale for seven) breath will come most in handy for me when/at: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**My power down hour will include: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**What, if anything, in your sleep hygiene needs to be addressed to create an optimal environment for restorative sleep this week?**

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