Ready to Rest
By Jan Pinborough

Having a good day starts with getting enough sleep the night before. Here are some tips to help you wind down and get a good night’s sleep!

Make Your Own Routine

- Turn off bright lights, phones, tablets, and TVs to let your brain know it’s time to rest.
- Take a warm bath to relax.
- Listen to quiet music or read a favorite book.
- When you turn off the light, think of three good things about your day. Then think about three people who love you.
- If a worry comes back, picture yourself putting it in a balloon, letting it go, and watching it float up to the sky.

Don’t forget your PJs!

PRAYER—Tell Heavenly Father about your day. Thank Him for the good things. Ask for His help with what’s worrying you. Then leave those things in His hands.

JOURNAL—Writing about your day can help clear your mind. Write something you’re grateful for or something nice you did. Think about those as you fall asleep!

SCRIPTURES—Read for a few minutes to focus your mind on Heavenly Father’s love for you. Here are some verses to try: John 14:27; John 13:34; 1 John 4:7, 16, 19; 3 Nephi 17:9–13.