

# 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.

