

Equilibria 30 Day Sleep Challenge

week 1	<p>DAY 1 Start a new bedtime routine. This week, DND devices at 7pm</p>	<p>DAY 2 “ Sleep is the best meditation. – Dalai Lama</p>	<p>DAY 3 Tonight before bed, write down 3 things you're grateful for</p>	<p>DAY 4 Check in: How's your new sleep routine going?</p>	<p>DAY 5 Reminder: Make sure your bedroom is quiet</p>	<p>DAY 6 Tonight before bed, take a hot bath or shower</p>	<p>DAY 7 Rate your Sleep This week?</p> <p>  </p>
	<p>DAY 8 This week, DND devices at 7pm and take Sleep Gummies before bed</p> <p><i>Add to your BEDTIME ROUTINE</i></p>	<p>DAY 9 Today change your sheets - a fresh bed can help you relax</p>	<p>DAY 10 Check in: How's your updated sleep routine going?</p>	<p>DAY 11 “ Don't give up on your dreams so soon, sleep longer. – Anonymous</p>	<p>DAY 12 Listen to a sleep story as you're drifting off (Check out our YouTube or Spotify playlists!)</p>	<p>DAY 13 Reminder: Set your thermostat at a comfortable temperature for the evening</p>	<p>DAY 14 Rate your Sleep This week?</p> <p>  </p>
week 3	<p>DAY 15 This week, DND devices at 7pm, journal, and take Sleep Gummies before bed</p> <p><i>Add to your BEDTIME ROUTINE</i></p>	<p>DAY 16 Reminder: Get exercise during the day, so you're sleepy at night</p>	<p>DAY 17 “ A well-spent day brings happy sleep. – Leonardo da Vinci</p>	<p>DAY 18 Tonight before bed, drink lemon water or herbal tea</p>	<p>DAY 19 Try aromatherapy (Check out our blog about the benefits of scent)</p>	<p>DAY 20 Tonight before bed, try stretching routine (Check out our video with Reyna on YouTube)</p>	<p>DAY 21 Rate your Sleep This week?</p> <p>  </p>
	<p>DAY 22 This week, DND devices at 7pm, make time for selfcare (a facial or bath), journal and take Sleep Gummies before bed</p> <p><i>Add to your BEDTIME ROUTINE</i></p>	<p>DAY 23 Reminder: Use your bed only for sleep and sex</p>	<p>DAY 24 Today de-clutter your nightstand & only leave the essentials</p>	<p>DAY 25 Put our “Go To Bed With EQ” playlist on while you do your nighttime routine</p>	<p>DAY 26 “ There is a time for many words, and there is also a time for sleep. – Homer</p>	<p>DAY 27 Tonight 30 minutes before bed, read or journal</p>	<p>DAY 28 Rate your Sleep This week?</p> <p>  </p>
week 5	<p>DAY 29 Sweet Dreams! Strive for a full 8 hours of sleep</p>	<p>DAY 30 <i>You did it!</i> Overall has your sleep changed since day 1?</p>					