Quit counting sheep with an evening routine and practical steps to achieve the best rest.

1. **Light**
   - Dim and unplug 30-90 minutes before bed.

2. **Stress**
   - Deep breathe, bathe, sip a sleep tea, stretch or journal to slow the mind.

3. **Caffeine**
   - Last cup before Noon as caffeine has a 6-hour half-life in the body.

4. **Dinner**
   - Stick with above ground vegetables, protein and fat while watching the wine, desserts and carbs to stabilize blood sugar.

For your 21-Day Challenge, write the number of what sleep tip you were able to practice on the given day.

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