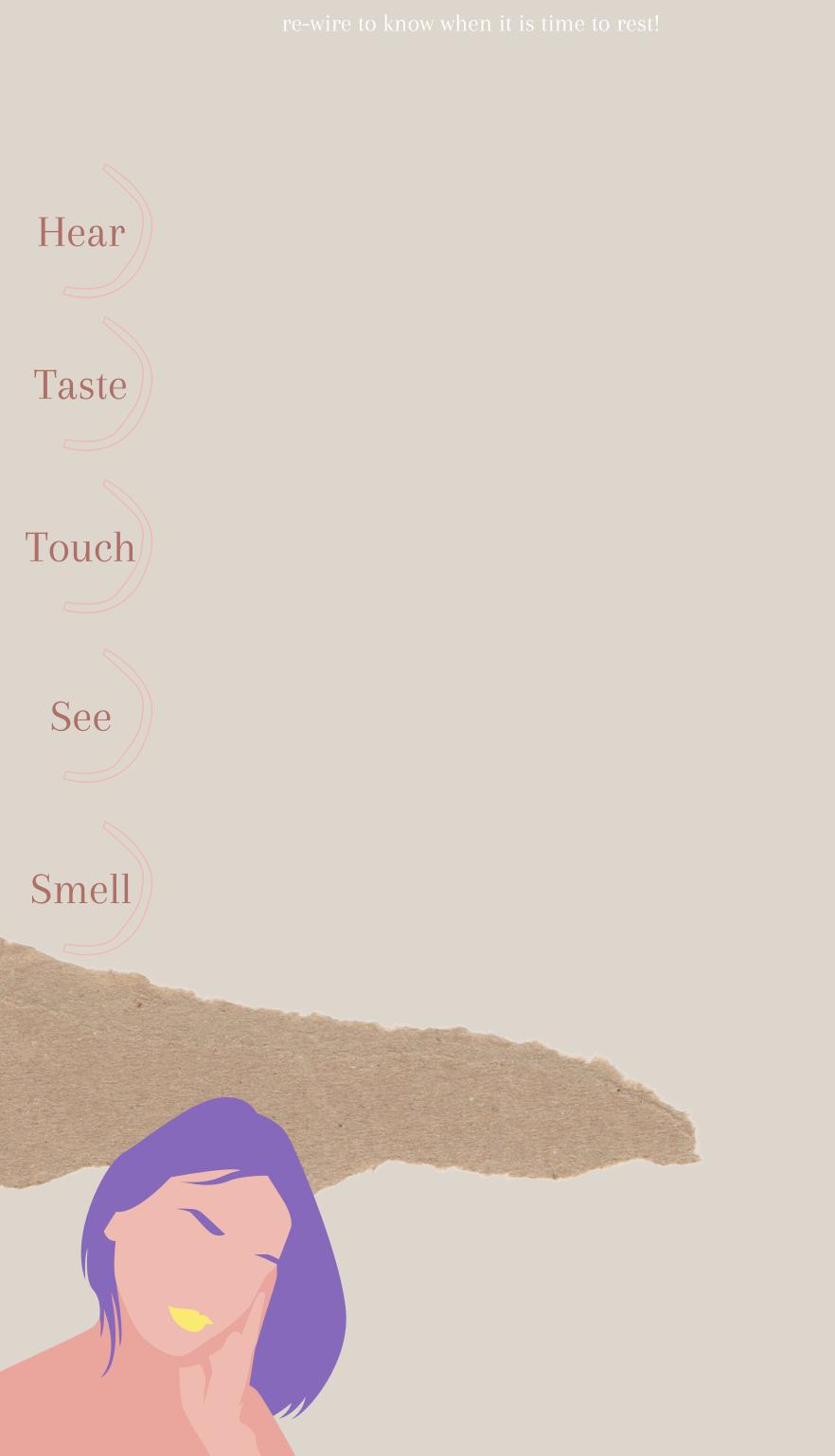


The 5 Senses Sleep Routine taps into senses in order to help your body and mind re-wire to know when it is time to rest!





The 5 Senses Sleep Routine taps into senses in order to help your body and mind re-wire to know when it is time to rest!

Hear

certain music, white noise, fan

Taste

toothepaste, tea, smoothie

Touch

specific blanket, stretching, facewash routine

See

outside walk or sit, calming photo, book

Smell

body wash, calming spray, diffuser

