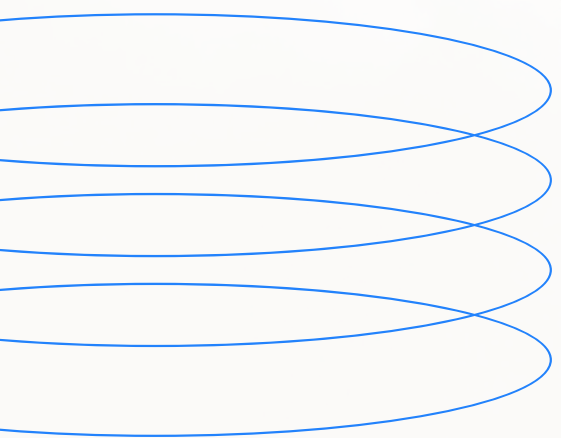
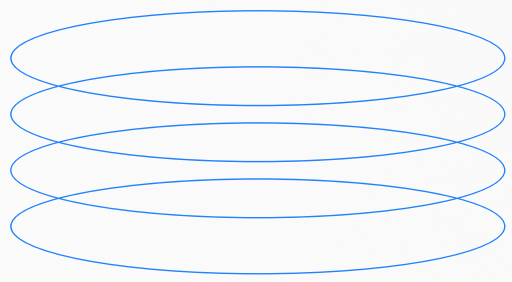


THE POWER OF CONSISTENT SLEEP

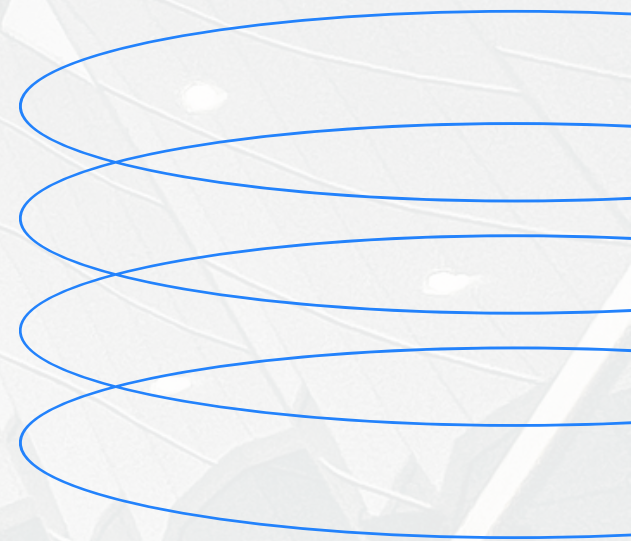
into Achievable Wins

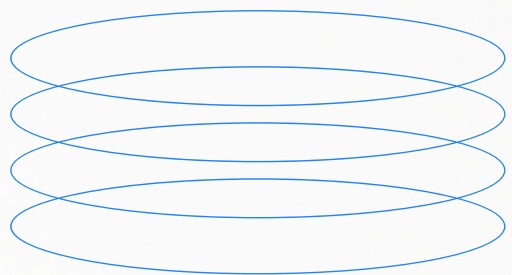




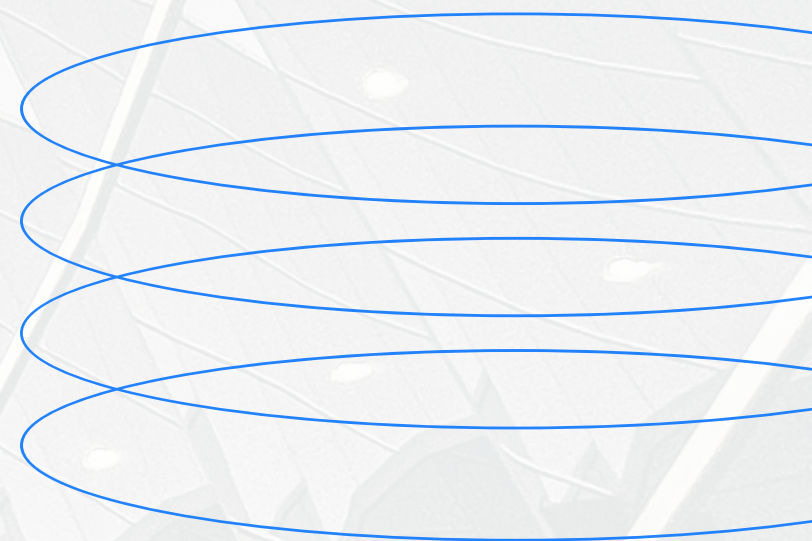
WELCOME TO LIFE HACK NO. 10

The Power of Consistent Sleep

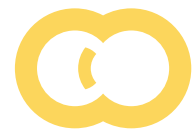




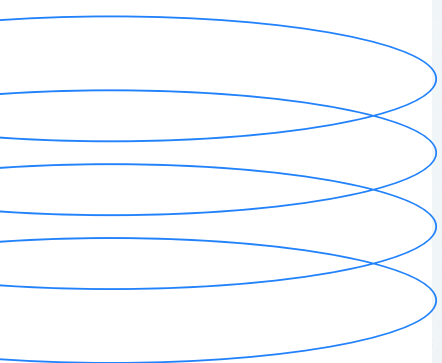
*Rest isn't laziness it's self-
love.*

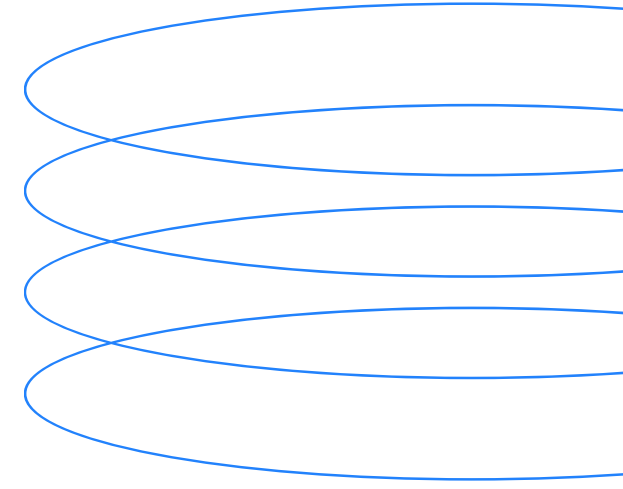


WHY SLEEP IS ESSENTIAL



- Sleep is when your body repairs and recharges.
- Poor sleep affects mood, focus, immunity, and energy.
- Deep sleep enhances clarity and intuition.





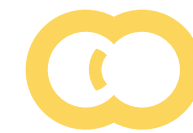
- **7–9 hours of sleep is ideal for most adults.**
- **Sleep with positive thoughts your subconscious listens.**



CREATE A SLEEP SANCTUARY

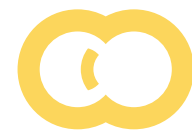
- Keep your bedroom dark and cool.
- Avoid screens at least 1 hour before bed.
- Use calming scents like lavender or sandalwood.
- Remove clutter and distractions.
- Sleep on clean, comfortable bedding.

Recite an affirmation: “I welcome restful, healing sleep.”





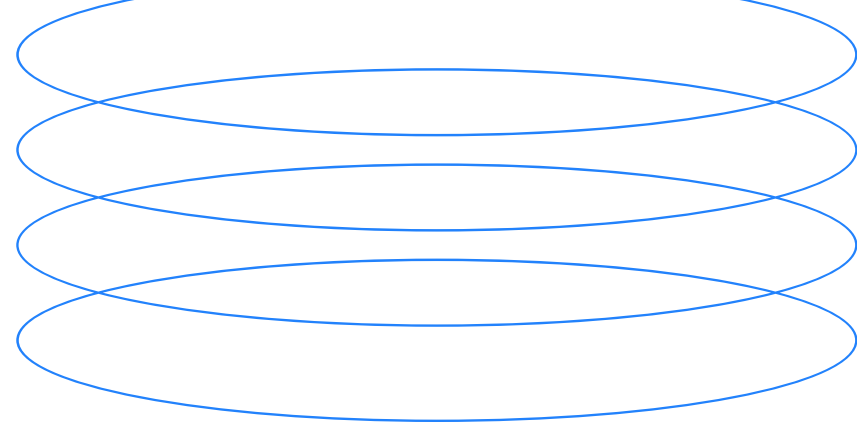
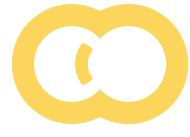
Whisper them as you fall asleep.



Step

NIGHTTIME RITUAL FOR BETTER SLEEP

- **Dim the lights an hour before bed.**
- **Journal or read something uplifting.**
- **Meditate or do deep breathing.**
- **Listen to soothing music or nature sounds.**



Step

AFFIRMATIONS FOR SLEEP

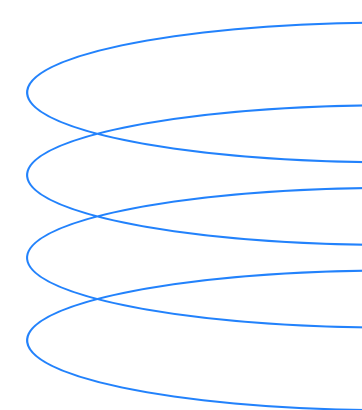
***“You’ll feel lighter and
more radiant.”***



- ***“I am calm, safe, and at peace.”***
- ***“I sleep deeply and wake up refreshed.”***
- ***“My dreams align me with my highest self.”***



Step **COMMON SLEEP SABOTEURS**



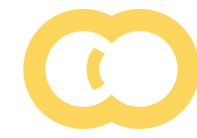
**Bright lights and
late-night scrolling**

Overthinking and stress

**Caffeine too late in the
day**



SWASTHYA
— BY KINJAL —



CONCLUSION

Sleep to Rise

- **Quality sleep is sacred self-care.**
- **Sleep fuels every part of your health and happiness.**
- **Let rest be your ritual, not a reward.**

**The best bridge
between despair and
hope is a good night's
sleep.”**



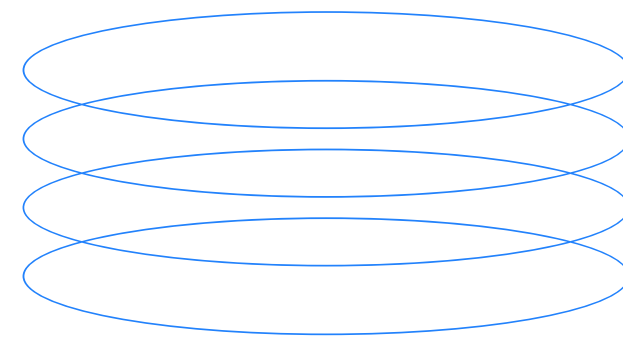
YOUR TURN!



- ***PLAN TO SLEEP 30 MINUTES EARLIER
TONIGHT.***
- ***CREATE A CALMING BEDTIME RITUAL.***
- ***NOTICE HOW YOUR ENERGY SHIFTS
TOMORROW.***



THANK YOU & STAY CONNECTED!



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The Power of Consistent Sleep

