

My better sleep card

← fold here to turn into a standing card

*I sleep well!
I wake up
feeling rested
and excited
about my day!*

I'm not too
hot or too cold.

I am lying in
a comfortable position.

I have my sleeping
music on.

I've gotten all
the hugs, kisses,
and tucking in
I need.

I have my furry
friend to keep me
company.

*Sleep,
sleep,
sleep...*

I feel relaxed in my body.

I think of things
and stories I would
like to dream about.

My brain has settled
down to sleep. I have
released all I needed
to say and worry about.

I have heard words
that soothe my soul.

The light
is perfect now.
Just the
way I like it!

I am surrounded
with smells that
help me relax.

