

Get To Bed

on time



Pick a time by which you should be in bed every day and stick to it for 30 days in a row

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1 I've got this.	2 Nice and cosy.	3 Bed time it is.	4 I am getting all my Zzz's tonight.	5 Dear Bed, I love you.
6 Tomorrow is another day.	7 Do not disturb 	8 All I need is sleep.	9 I am going to dream big tonight.	10 INHALE EXHALE
11 Keep calm and go to bed.	12 I deserve more sleep.	13 I will take over the world. Tomorrow.	14 Charging time 	15 Sleep solves everything.
16 My sleep game is strong.	17 Status: In bed.	18 I will feel so much better in the morning.	19 ..but first sleep.	20 3...2...1
21 I can and I will. SLEEP.	22 This one is for me.	23 In bed on time? Check.	24 The lion sleeps (well) tonight...	25 Aaand pause.
26 It's time. 	27 It will all be better tomorrow.	28 Stronger in the morning.	29 It makes a difference.	30 Achievement Unlocked!