

SLEEP

A Letter from Your Body



Dear Me,

This is **your body** speaking, **I NEED SLEEP!** I can't move or think the way I want to. Things just **don't make sense** without enough sleep.

Here is a list of my demands;

- Stop messaging by 9pm week nights, 10.30pm weekends. **I'm warning you, I will say, think or do something that I don't mean. I just can't be logical without my sleep!**
- Put away all electronics by 10.30pm at the latest.
- Cut down those social media accounts! **I mean seriously, this is not a business, it's becoming a fulltime job that I don't get paid for!** 2 accounts are more than enough to keep track of!
- Cut down those social media friends. **FRIENDS; don't get me started on our ridiculous amount of 'friends'**. A friend is; (and I quote the dictionary) "a person with whom one has a bond of mutual affection – a confidant, a companion and ally." **Seriously, have those 1,000+ faces got our back? Sounds like more unpaid work to me.** 200 is more than enough 'friends' to keep track of.
- **Quit those streaks (even more unpaid work).**
- And finally, just breathe, **relax and breathe deeply**, I need my mind to have calm images to switch off and recharge. **Think of sunsets and giggles, all else can wait until I've had my rest.**

Try it, I promise I will thank you for it!

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