



CATCH SOME ZZZ'S

with Tuna Rashad

Between grappling with my parents, dealing with my loving—but overbearing—brother Robbie, and trying to figure out a way to ask Tristan (a.k.a., the soon-to-be Mr. Tuna Rashad) on a date, I've got a lot on my plate.

So, what's a future Emmy-winning screenwriter to do?

Get some sleep! If I'm going to win in life and love, I need some shut-eye.

Here's my nighttime routine for quieting my brain. I hope it helps you get some zzz's, too! And remember: you're trying to get to sleep, so fill this in when you wake up, not when you're winding down!

TUNA'S TIPS TO A GOOD NIGHT'S SLEEP:	STEP COMPLETED:	THIS STEP DID THE TRICK:
Download an ambient noise app. There are many to choose from. Some will have white noise (e.g. the sound of a dryer), some will have nature sounds, and some will have both. If you can, find one with an automatic shut-off, so you don't drain your device's battery.		
Set your app to a sound you find soothing.		
Ensure your sleeping space has the right number/weight of blankets and that the lighting is suited to you.		
Lie down and find a comfortable sleeping position for yourself.		

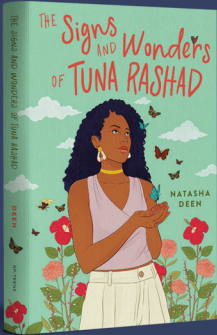
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TUNA'S TIPS TO A GOOD NIGHT'S SLEEP:	STEP COMPLETED:	THIS STEP DID THE TRICK:
Close your eyes.		
Inhale through your nose and feel the air traveling through your body and expanding your diaphragm. Exhale through your nose. Repeat this technique three or four times.		
Now, rewind your day in your head by thinking about the last thing you did. Then, think about what activity you did before that. For example, "I am lying in my bed. Before that, I was turning on my ambient noise app. Before that, I was drinking hot chocolate..."		

ANOTHER TIP: In that last step, it's important not to linger on any one activity! For example, with the hot chocolate, "Before that, I was drinking hot chocolate. Before that, I made my hot chocolate," is fine. You don't need to rewind to each detail, "Before that I was adding cocoa powder to the warm milk. Before that I was heating up the milk."

Happy dreams and happy life!

Tuna Rashad



Activity inspired by
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