



# Mom's

# ***BEDTIME***

# *Routine*

- Let hair loose*
- Change into comfortable sleepwear*
- Drink water & take minerals*
- Get some fresh air & relax*
- Load washing machine, set timer*
- Remove everything from main table*
- Load & start dishwasher*
- Collect stuff that doesn't belong in living room*
- Carry that things into the right room*
- Clean all surfaces*
- Prepare morning basket / menu*
- Time for bathroom & bed*

