

## Sleeping Rituals

I have "Sleeping Rituals" And what I mean by that is, there are things I have to do or have done in order to sleep. "One" is there "must" be a fan on. The sound of the fan is calming for me and very relaxing. "Two" would be there has to be total darkness, so no T.V., Night Light, Etc... "Three" is even though it's dark, I must have a sleep mask on or something covering my eyes. "Last" I like to sleep naked or as close to it as possible (my prison is all "Single" cells, so no I'm not in here naked with a dude in the room -LOL-)

I know I'm not the only person in the world who has sleeping rituals, and I'd love to hear what some of yours are. I'm actually very curious what some of your responses will be. So yeah, let me know and thanks for sharing them with me.

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