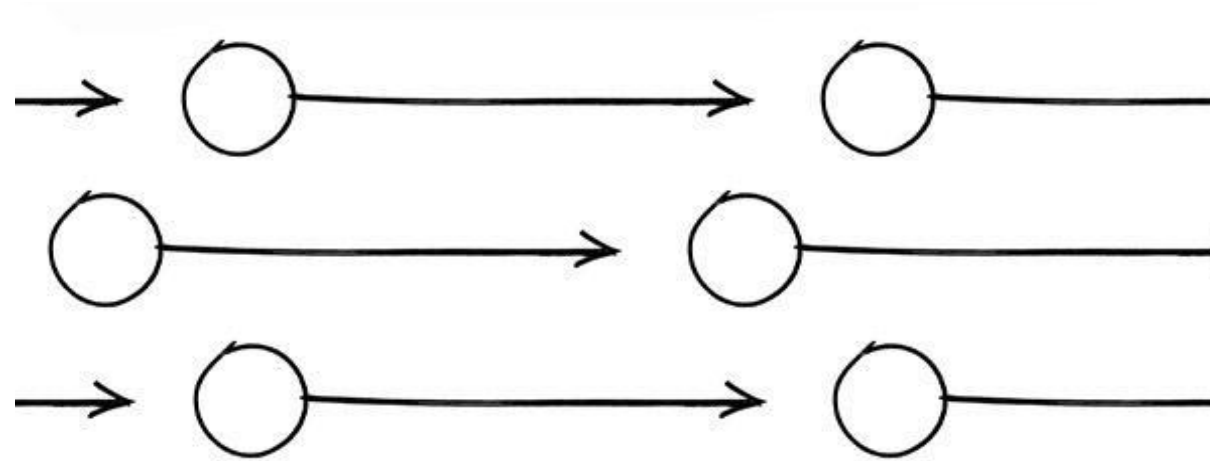


# 2

## Get the noise out of your head before bed

instead of checking your email one last time before you go to sleep, write down anything that is still on your mind so you aren't distracted by it as you try to fall asleep.



**essentialism**  
The Disciplined Pursuit of Less  
**GREG MCKEOWN**