

Ella



Rest and be
the Best!

Sleep Wisdom

We all **learn & grow**;
how do we do that? **I know!**

Off to bed & have **sweet dreams**,
to wake up in the morning with
a smile that **gleams!**

Our minds need to be **inspired**,
but they can't if we are too tired...

Sleep **8 hours** for
Superpowers!



Kaleidoscope meTM
Awaken to your greatness!