

\$5,000 WINNER

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Waco, TX



 Sleep



Microstep

Every evening I take a long shower.



Outcome

"I'm getting eight hours of sleep a night."

Sleep was my biggest struggle. I was always exhausted. I would toss and turn in bed worrying about what needed to get done, and I was only getting five to six hours a night. In the morning I'd wake up feeling sluggish. After work, I wasn't motivated to spend time with my husband, Steven, and our two grown sons who live with us.

I downloaded the Thrive app and made a decision to change my evening routine. When I get home from work, I'll light a scented candle, do some stretches and watch a relaxing Thrive Reset. I started eating earlier, before 6 p.m., and I've stopped eating late night snacks. After dinner I'll catch up on the phone with my mom. I've gradually stopped watching T.V. on weekdays because I used to stay up too late. Now I watch my favorite shows on the weekend instead.

Every evening I take a long shower. This Microstep has made a huge difference to the way I sleep. I'll put on soul music like Jill Scott or H.E.R., step into the shower, and feel the warm water wash away my stress. I feel the cares of the day leave my body and I completely relax. I love using orange and ginger aromatherapy shower steamer balls, which smell amazing. I feel like I'm in a luxurious spa.

Another change is that I have an earlier bedtime now, at 8 p.m. I leave my phone charging in the den and drift off to sleep to the sounds of the ocean or rain. I'm getting eight hours of sleep and I feel refreshed when I wake up. In the morning I go for a walk along the river trail, looking at the trees and flowers. Getting the rest I need has helped me lower stress. I'm more focused at work, I have the energy to go to the gym with my friend, and at home, I'm motivated to spend time gardening, which helps me decompress. I've planted tulips, purple irises, and honeysuckle. I want my yard to feel like a botanical garden.

Recently, I've had the energy to do fun activities with my family, like going to the movies. We saw *Inside Out 2*, which was fantastic. We just enjoyed a family weekend in Houston, where we went to a Megan Thee Stallion concert and visited the Cockrell Butterfly Center. Being well-rested has made a world of difference. I'm appreciating the simple joys of family life.