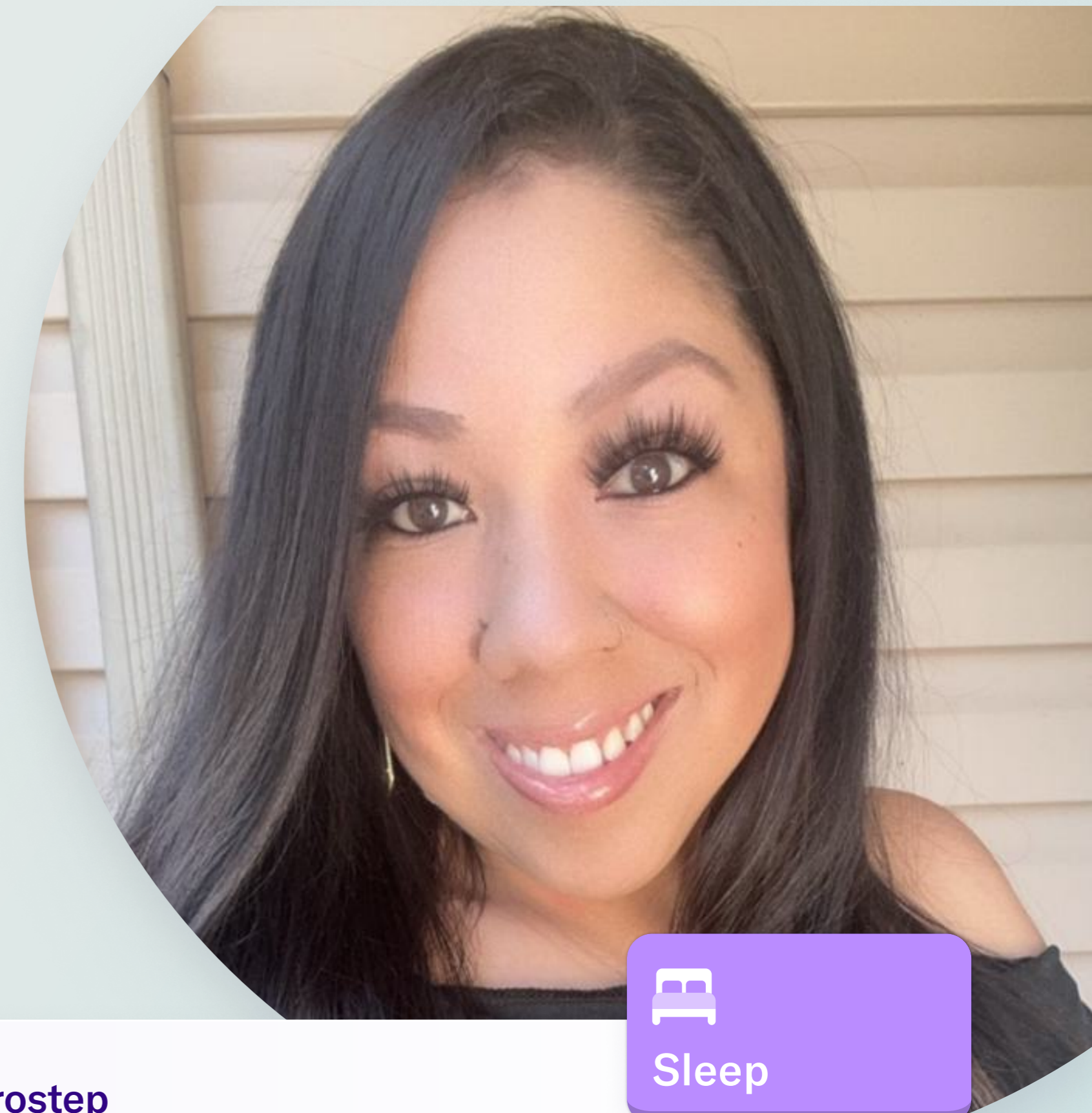


\$5,000 WINNER

Clara Rodriguez

**Return Center #9153
Waco, TX****Microstep**

I charge my phone in the living room instead of the bedroom.

**Outcome**

"I'm sleeping well and getting the rest I need"

As a mom of five, including two toddlers, it's hard getting the rest I need. My husband, Patricio, and I work opposite shifts. I'd get home at 2:30 a.m. and I was exhausted, but in bed I'd toss and turn, and I was only getting three to four hours of sleep. I had to be up early to get my kids ready for school. I'd be cooking and cleaning and doing laundry, and I was often moody. Patricio calls me Superwoman, but he'd say even Superwoman needs her rest! I knew I needed to change my lifestyle, so I downloaded the Thrive app.

Patricio and I sat down and figured out a schedule. When he gets home from work, we have dinner together before I leave. Patricio and our older kids help get the little ones to bed and do some chores. At work, I eat a full meal on my break, so I'm not eating too close to bedtime, and I've gradually cut out soda and coffee. If I'm hungry later, I'll have fruit.

At home, Microsteps help me to wind down. As soon as I walk through the door, I charge my phone in the living room instead of the bedroom. Patricio does the same. That one change has made a big difference to the rest we get. I enjoy some quiet time by writing down my thoughts in my journal, which helps to lower stress. I take a shower, watch a soothing Thrive Reset, and get ready for bed. I've also limited my exposure to bright light. I used to keep the lights on through the night, in case the kids woke up, but we bought little switches they can reach if they need to.

I'm getting seven hours of sleep and it's had an impact on my whole life. I wake up ready to go. My family will always be no. 1, but I've realized I need to rest and take care of myself. So on my days off, I'll treat myself to a massage or have lunch with friends. On the weekends, I have more energy for family activities now, like going to the zoo or the park or for bike rides. I know I'm the best mom I can be for my kids.