

**\$5,000 WINNER**

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Sleep**Microstep**

The Microstep which helps me most is having a regular bedtime.

**Outcome**

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

Sleep was a struggle for me. I was so stressed that I would only get around four hours a night so I was tired in the morning. I'd have energy drinks all day, and then I couldn't relax. It was a vicious cycle. My mind would be racing thinking of all the tasks I had to get done. I really wanted more rest, so I started the Thrive Challenge.

First, I gradually cut out energy drinks and replaced them with water. I haven't had one for six months and I am feeling less anxious. I set up a good nighttime routine which I've been following consistently. One Microstep that helps me is eating dinner earlier in the evening. I'm cooking lighter meals, like salmon and broccoli with a baked sweet potato. I feel much better not going to bed on a full stomach.

I've stopped spending so much time on social media. I unfollowed groups that were negative and made me feel anxious. Just by doing that my mental state has improved, which helps me rest at night. I'll call or FaceTime my daughter, Sydney, who's away at college. I don't watch T.V. in bed anymore. I dim the display light on my phone, turn off my notifications and put it away. I'll just play with my beloved bunny, Tappi. I live on my own, and Tappi stops me from feeling lonely.

Getting ready for bed has become a lovely ritual I look forward to. I have a warm shower with an aromatic body scrub that smells amazing. The warm water is so calming. Then I use lavender body lotion, and I mix it with almond oil. I put on my pajamas and I'm in a full state of relaxation. I'll watch a Thrive Reset to end my evening — I really like the one with cats and the one with rivers.

The Microstep which helps me most is having a regular bedtime. I'm always under the covers at 9 p.m. I'm getting eight hours of sleep and I wake up ready for the day. I have the energy to go for five-mile walks now! At work I'm more focused, and if I'm feeling overwhelmed, I'll do some deep breathing and watch a Reset. Now that I'm well-rested, I'm feeling peaceful, and life is more joyful for me and my family.