**Pam Needs More Sleep**

pam smith is usually busy she works two jobs six days a week plus she is the mom of two young children she drinks a lot of coffee because it helps her stay awake

      after work pam cooks dinner for herself and her children then she puts her kids to bed she goes to bed too but cannot get to sleep she tosses and turns she only gets about four hours of sleep each night

      in the morning pam is tired she yells at her kids sometimes she often says i need more sleep i want to be a kind mom i want to feel good pam looks online for help she finds a good website with these sleep tips do not use caffeine take a walk stretch read a book and take deep breaths during the day pam plans to try them this week

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