

This email was submitted for a writing challenge and was selected as one of the three winners among over 150 entries. The assignment was to write a 75-word email with an 8-word headline that would make a reader curious enough to click to find out more.

No More Counting Sheep, Now I Sleep Soundly

Maybe you can relate to this...

Staying up late enough until you're tired – only to have your mind STILL racing when your head hits the pillow.

It's dark, but you can't sleep.

You toss and turn; you can't get comfortable.

You've tried playing nature sounds and relaxation music.

You've tried counting sheep...

NOTHING works.

You finally fall asleep... and it feels like your alarm goes off 10 minutes later.

That was me.

[Here's](#) what changed.