BetterSleep :60 Script

SFX	VO Script
	[Internal monologue. 2 seconds.] I need to be awake in four hours.
Increasingly layer the lines to build to a crescendo.	*[Lines to layer. 5 seconds.]* Did I put the clothes in the dryer? Snacks! I forgot the snacks. I hope they don't think I was serious about that joke. I need to be awake in THREE hours. Why won't my brain shut off? Just sleep already!
A sudden beat of silence. *(2 seconds): Deep breath* *(1-2 seconds): Green Noise*	
Continue green noise in the background.	*[Narrator VO. 46 seconds.]* When your racing thoughts keep you up at night, it's tough to let go and get the rest you need. BetterSleep can help. You might've heard of white or brown noise… but there's a whole rainbow of color noises that can help you calm your mind, reduce stress, and sleep better. Like the Green Noise you're listening to now. With the BetterSleep app, you can discover more color noises and over two hundred soothing sounds, guided meditations, and bedtime stories. High-quality rest is vital to your mental well-being and physical health. Calm your restless mind, conquer your day, and sleep better at night. Download

	BetterSleep from the App Store or Google Play to start a 7-day trial today. When you sleep better, you feel better.