

# Sleeping better

Prompt Card



**I got rid of my phone so I can have air to create.**

**Kanye West**



Rapper, record producer and singer **Kanye Omari West** is one of the best selling artists of all time. He was raised on Chicago's South Side by his mother. His big break came when he started producing for Jay Z. He survived a car crash in 2002. He has won 21 grammy awards for his music.

**P.S. There's more help on sleeping better in the Start Bouncing section of the Bounce Back website: [www.bouncebacknewham.co.uk](http://www.bouncebacknewham.co.uk)**