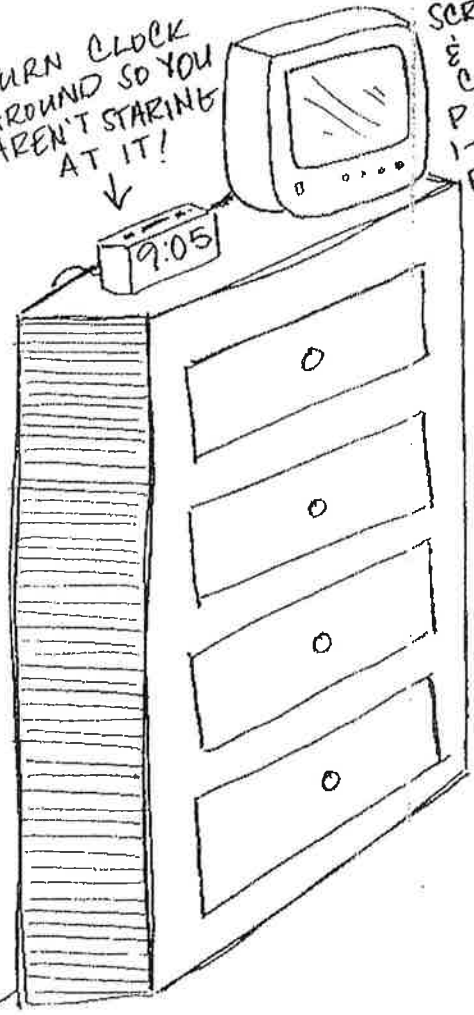


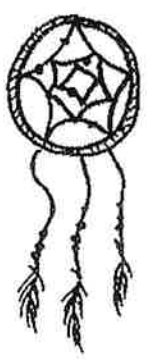
#1 TIP:
STICK TO A REGULAR
SCHEDULE! GO TO BED &
WAKE UP AT THE SAME
TIME EVERY DAY TO SET
YOUR BODY'S NATURAL
SLEEP RHYTHM!

TURN CLOCK
AROUND SO YOU
AREN'T STARING
AT IT!

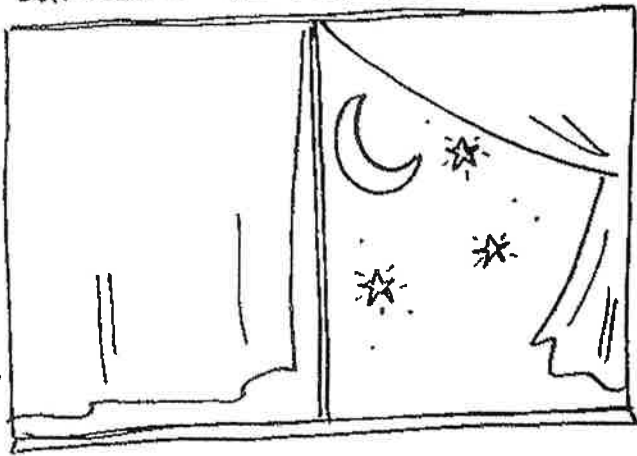


TURN OFF
SCREENS
& DIM
CELL
PHONE
1-2 HRS
BEFORE
BED

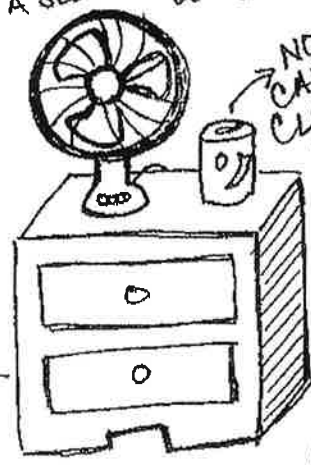
USE WHITE
NOISE, MUSIC ♪
OR A SLEEP APP ♪



KEEP YOUR ROOM COOL & DARK FOR
SLEEP. THEN GET SOME BRIGHT, NATURAL
SUNLIGHT IN THE MORNING



NO
CAFFEINE
CLOSE TO
BED TIME



LIMIT NAPS &
ONLY USE BED TO SLEEP



AVOID
EXERCISE 3
HOURS BEFORE
BED.

REGULAR EXERCISE,
ESPECIALLY IN THE
MORNING IMPROVES
SLEEP.



TIPS FOR BETTER SLEEP. ^{zzz}