

SLEEP HYGIENE

Healthy practices to help you get a good night's rest



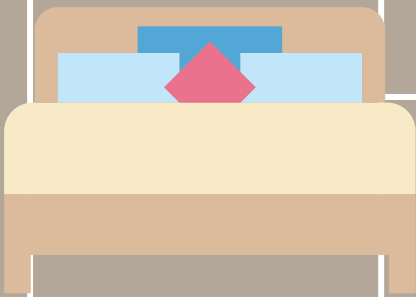
ONE

Keep a consistent sleeping and waking schedule.



TWO

Make your bedroom nice and comfy.



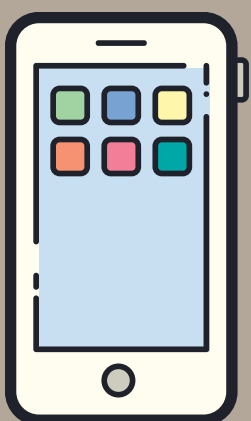
THREE

Avoid having caffeine late in the day or before bedtime.



FOUR

Keep gadgets and devices away during bedtime.



FIVE

Going to bed too full or hungry can disrupt your sleep

