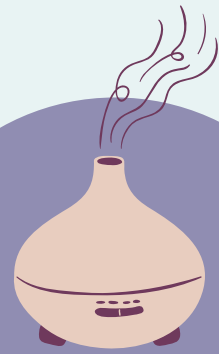


SLEEP HYGIENE

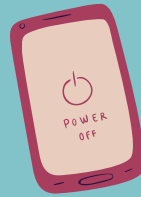
TIPS



MAINTAIN A
REGULAR PATTERN,
TRY TO GO TO BED
AT THE SAME TIME
EACH NIGHT



CREATE A
COMFORTABLE
ENVIRONMENT



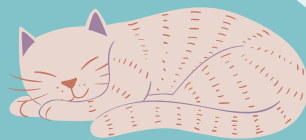
AVOID
ELECTRONICS
IN BED



AVOID
CAFFEINE
LATE IN THE
DAY



SPEND TIME
WINDING DOWN
BEFORE BED, FIND
AN ACTIVITY TO
DO BEFORE BED
THAT HELPS YOU
RELAX



AVOID
NAPPING
DURING THE
DAY



