

SLEEP HYGIENE

Five effective tips to establish a healthy sleeping habits



Stay clear of stimulants late in the day



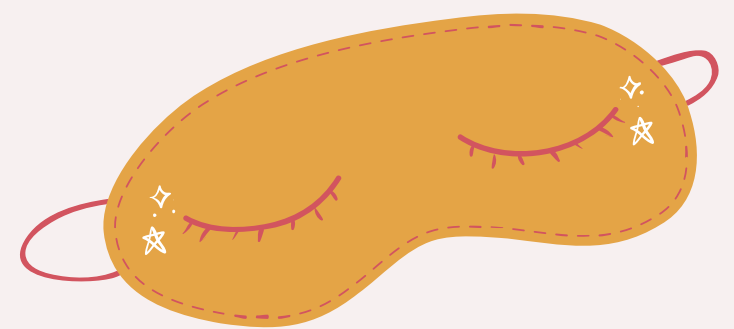
Avoid beverages and foods that contain caffeine.

Do a regular exercise



A regular exercise routine can help contribute to improved sleep.

Stick to a consistent sleep schedule



Going to bed and waking up at the same time every day.

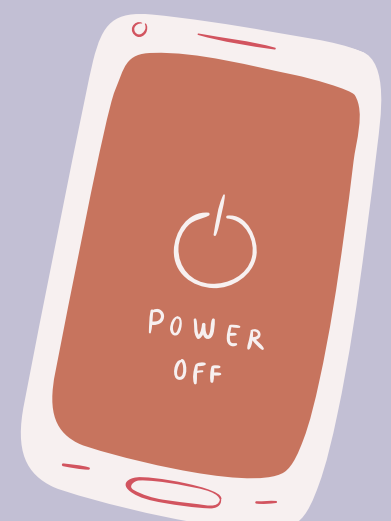
Create a relaxing bedtime/pre-bedtime routine



Any relaxing activity about an hour before bed helps create a smoother transition.

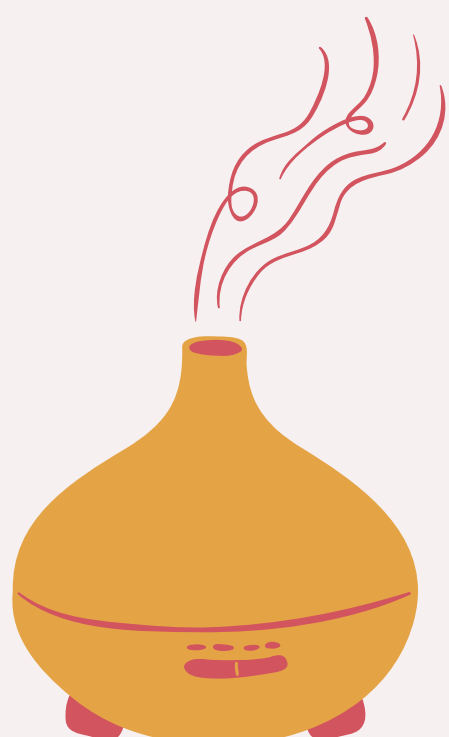
Unplug an hour before bed

Keep screen use to a minimum, at least an hour before bed.



Keep your room cool and comfortable

Ideal room for sleeping is cool, quiet and dark.



Avoid foods that can disrupt sleep

When you lie down right after a big meal, your digestive juices are still cranking.

