

SLEEP HYGIENE



PUT YOUR MOBILE AWAY AND
SET AN ALARM CLOCK



YOU NEED ABSOLUTE DARKNESS
AND QUIETNESS



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WATCHING A TV SHOW



ESTABLISH A PRE-BEDTIME
RITUAL FOR YOURSELF



KEEP THE TEMPERATURE
COMFORTABLY COOL



USE A HUMIDIFIER
TO MOISTURIZE THE AIR

Best Way To Sleep Hygiene Tips For Moms

Annelies Wilder-Smith



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