



# SLEEP HYGIENE TIPS

- *Establish a Consistent Sleep Schedule*
- *Create a Relaxing Bedtime Routine*
- *Optimize Your Sleep Environment*
- *Limit Screen Time Before Bed*
- *Mind Your Food and Drink Choices*
- *Exercise Regularly, But Not Right Before Bed*
- *Manage Stress Effectively*
- *Limit Naps During the Day*
- *Be Careful of Your Sleep Position*
- *Avoid Stimulants Before Bed*



# Beginner Friendly Sleep Hygiene Tips For Creators

**Kathleen Armour**



## **Beginner Friendly Sleep Hygiene Tips For Creators:**

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## Enjoying the Tune of Appearance: An Emotional Symphony within **Beginner Friendly Sleep Hygiene Tips For Creators**

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