

z z z = degrees

SLEEP TIPS

- ◆ Create a dark, cool, and quiet sleep environment.
- ◆ Use ear plugs and an eye mask to block out external distractions.
- ◆ Establish a relaxing bedtime routine, such as taking a warm shower, drinking a cup of chamomile tea, and lightly stretching.
- ◆ Practice deep breathing and meditation before bed.
- ◆ Reserve your bed for sleep, sex, and sickness only.
- ◆ Limit the use of electronic devices 1 hour before bedtime.
- ◆ Maintain a consistent sleep schedule 7 days a week.
- ◆ Limit caffeine consumption 6 hours before bedtime.
- ◆ Avoid alcohol and large meals before bed.
- ◆ Try sleeping 15-30 minutes earlier and/or waking up 15-30 minutes later to get more sleep.
- ◆ Engage in at least 150 minutes of physical activity each week, but not before bed!

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