

Tips for better sleep hygiene

Avoid exposure to bright light during the evening

Do not take naps during the day

Going to bed while hydrated

Do not consume caffeine regularly

Use regular fixed wake-up and bedtimes

Do not watch TV before sleeping

Avoid the use of nicotine

Take hot baths before sleeping

Calm stress before going to sleep

Avoid doing exerting exercise in proximity to bedtime

Affordable Sleep Hygiene Tips Step Plan For Workers 31819

Sabine Zange



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