

# TIPS FOR HEALTHY SLEEP



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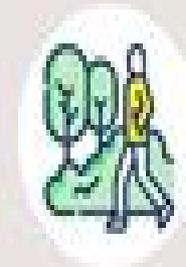
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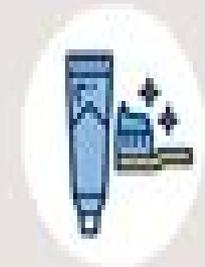
HERBAL TEA



COOL AND DARK  
ROOM



EVENING WALKS



BEDTIME ROUTINE

# Affordable Sleep Hygiene Tips 2025 For Beginners

**Jicheng Xie**



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