

# SLEEP TIME



## TECH

Avoid screen time  
1-2 hours before  
you go to bed



## SMELL

Spray lavender oil  
over your pillow  
before bedtime



## LIGHT

Cover your  
windows with  
dark curtains



## READ

Enjoy a good book  
to calm the mind



## CAFFEINE

Stay away from  
coffee / tea  
6-8 hours  
before bedtime



## RELAX

Practice yoga,  
breathing exercises,  
meditation



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