

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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