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Sleep Routine  Stick to a consistent sleep schedule, even on weekends.	Hours of Sleep  Aim for 7-9 hours of sleep each night.	Falling Asleep  Use relaxation techniques like deep breathing or meditation to fall asleep.	Waking from Electronics  Avoid using electronic devices before bed.	Mattress and Pillow  Invest in a comfortable mattress and pillow.
Exercise Reg  Regular exercise can help improve sleep quality.	Clock Adjustments  Adjust your clock to wake up at the same time each day.	Reduce Stress  Practice stress management techniques like journaling or meditation.	Waking Sleep  Brush your teeth and wash your face before bed.	Cool Temperature  Keep your bedroom cool, around 65°F to 68°F.
Dim Lights  Reduce light exposure in the evening to help your body prepare for sleep.	Relaxation  Engage in relaxation techniques like reading or listening to music.	Physical Activity  Regular physical activity can improve sleep quality.	Wake Up Schedule  Stick to a consistent wake-up schedule, even on weekends.	Reduce Noise  Use earplugs or white noise to block out disruptive sounds.
Avoid Smoking  Smoking can interfere with your ability to fall asleep.	Block Light Sources  Use blackout curtains to block out light from windows.	Limit Caffeine  Avoid caffeine in the afternoon and evening.	Avoid Eating Late  Avoid eating large meals close to bedtime.	Local Snoring  Use a nasal strip to help with snoring.



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