



Establish a
nighttime routine



Get up and go to
sleep at the same time



Create a healthy
sleep environment



Turn off electronics
an hour before bed

Impactful Sleep Hygiene Practices



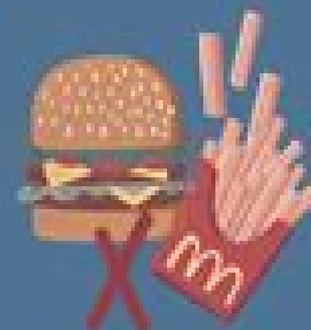
Limit caffeine



Exercise



Reduce stress



Avoid large, fatty
meals prior to sleeping

Why Sleep Hygiene Tips Full Tutorial

Didier Musso



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