

# SLEEP HYGIENE



PUT YOUR MOBILE AWAY AND  
SET AN ALARM CLOCK



YOU NEED ABSOLUTE DARKNESS  
AND QUIETNESS



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RITUAL FOR YOURSELF



KEEP THE TEMPERATURE  
COMFORTABLY COOL



USE A HUMIDIFIER  
TO MOISTURIZE THE AIR

# How To Sleep Hygiene Tips Ideas For Beginners

**Tobias Bleicker**



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