

# SLEEP HYGIENE



PUT YOUR MOBILE AWAY AND  
SET AN ALARM CLOCK



YOU NEED ABSOLUTE DARKNESS  
AND QUIETNESS



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ESTABLISH A PRE-BEDTIME  
RITUAL FOR YOURSELF



KEEP THE TEMPERATURE  
COMFORTABLY COOL



USE A HUMIDIFIER  
TO MOISTURIZE THE AIR

# Ultimate Sleep Hygiene Tips Ideas For Experts

**RS Peters**

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