



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 For Small Business

**Shannon Belew, Joel Elad**



## Why Sleep Hygiene Tips For Small Business:

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*art of living, or, Good advice for old and young* T V. Paterson,1885      **Six Essays on the Subject Methods of Self-help**  
Ernest Loomis,1898      *Congressional Record* United States. Congress,1994      National Safety News ,1930      **The**  
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