QUICK TIPS

HAVE A BETTER SLEEP

Be Consistent
Go to bed and wake up at the same time daily to regulate your body clock.

Wind Down
Take a warm bath, read a book, listen to calm music, or meditate for at least an hour before bed.

Tech- Free Zone
Stop using phones, tablets, and computers at least 1-2 hours before sleep.

Create Your Sanctuary
Make sure your room is tidy, use blackout curtains, ensure your room is cool and quiet.

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