

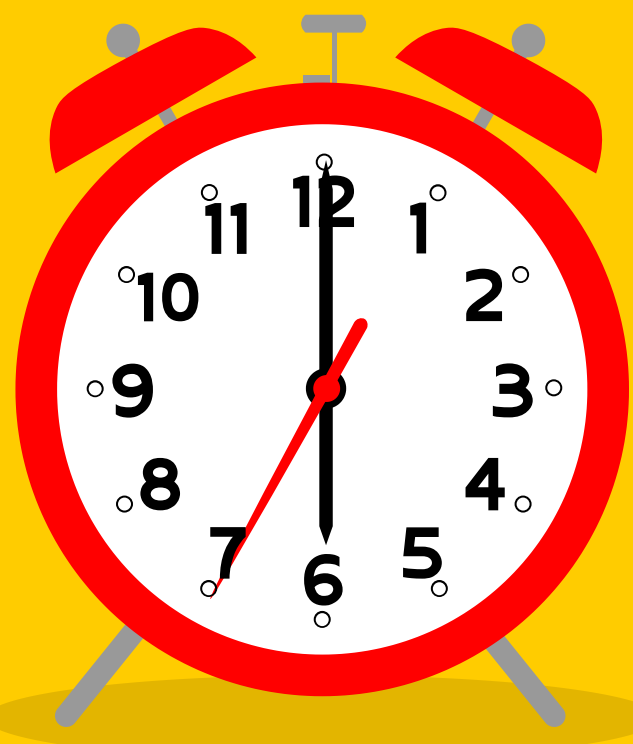
HOW TO GET A GOOD NIGHT'S SLEEP



FEELING TIRED? HERE ARE SOME SIMPLE TIPS TO HELP YOU GET TO SLEEP.

STICK TO A SCHEDULE

Try to go to sleep and wake up at about the same times every day — even on weekends. This reinforces your body's sleep cycle which can make it easier for you to fall asleep and wake up every day.



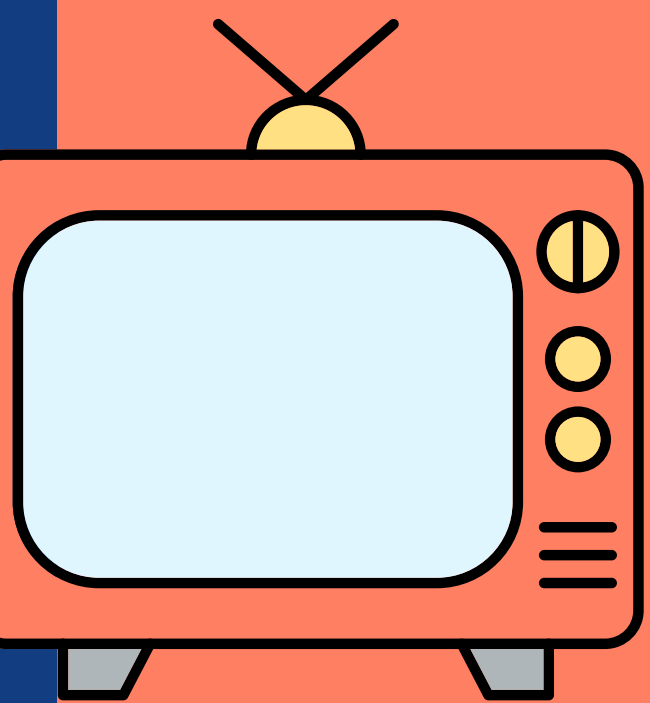
WATCH WHAT YOU EAT

Don't go to bed hungry or stuffed. In particular, avoid heavy or large meals within a couple of hours of bedtime. Also avoid alcohol, nicotine, and caffeine as these are stimulants and can take hours to wear off.



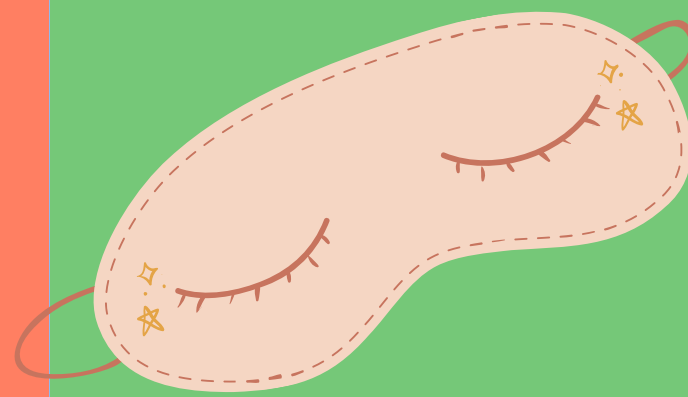
REMOVE ELECTRONICS

Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom. Devices like your phone emit blue light, which can reduce the melatonin levels in your body.



CREATE A CALM ENVIRONMENT

Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature. Utilize eye masks, black out curtains, ear plugs, fans, sound machines when needed.



20 MINUTE RULE

If you don't fall asleep within about 20 minutes of going to bed, leave your bedroom and do something relaxing. Read or listen to soothing music. Go back to bed when you're tired.

