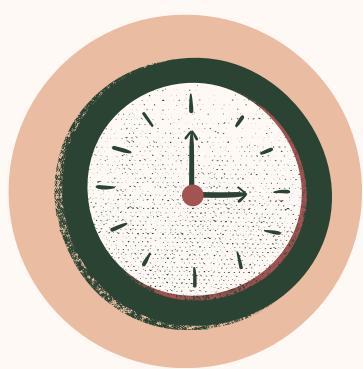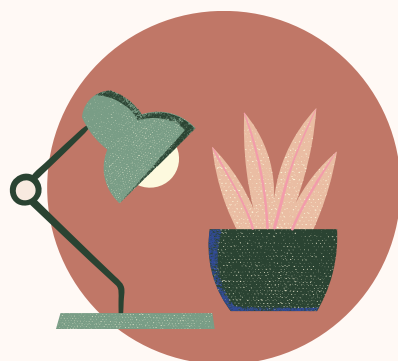# 5 Tips for
Better
Sleep

1. Consistent Sleep Schedule

Stick to a regular sleep-wake cycle with the same bedtime and wake-up time daily for better sleep.

2. Bedroom Environment

Make it cool, dark, and quiet. Invest in comfy bedding, try blackout curtains, or use white noise.

3. Disconnect From Devices

Remember to disconnect from devices at least 30 minutes before bedtime to enhance your sleep environment.

4. Avoid Large Meals

Avoid big meals and caffeine. If hungry, choose a light snack. Stay hydrated throughout the day.

5. Stretching & Meditation

Pause for a quick stretch or meditation to unwind before bedtime.

zzz

For a good health,
Sleep 7 to 9 hours per night.