

TIPS FOR HEALTHY SLEEP



✓ YES



GET UP AT THE SAME TIME



EVENING WALKS



BEDTIME ROUTINE



COMFORTABLE BED



COOL AND DARK ROOM



RELAXING BATH

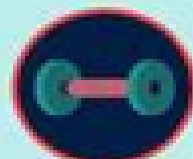
✗ NO



HEAVY FOOD



BLUE LIGHT



HARD TRAINING



ALCOHOL, SMOKING



CAFFEINE



STRESS

The Insomnia Kit Everything You Need For A Good Nights Sleep

Michael Rajnik



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