

# TIPS FOR BETTER SLEEP!



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**01**

## **Open Your Window!**

Let the fresh air in! Maintain a quiet, comfortable and cool environment for a deep restful sleep.

**02**

## **Watch What You Eat And Drink**

Avoid caffeine, nicotine, alcohol, and heavy or spicy meals close to bedtime. Instead, opt for a light snack or a warm drink, such as milk or chamomile tea.

**03**

## **Consistent Sleep Schedule**

Try to go to bed and wake up at the same time every day, even on weekends. This helps your body maintain a natural cycle of sleeping and waking.

**04**

## **Manage Stress & Worries**

Resolve any issues BEFORE bedtime. Also try deep breathing, meditation and yoga.

**05**

## **Try Some White Noise**

White noise is a constant sound, like an air conditioner or static on a tv, that contains all frequencies audible to the human ear. Because of this, it can dull background noise — like from city streets — and help you get more sustained sleep.



# Sleep The Complete Guide To Sleep Disorders And A Better Nights Sleep

**Ying Liu**



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