

TIPS FOR HEALTHY SLEEP

✗ NO



HEAVY FOOD



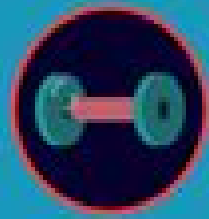
BLUE LIGHT



ALCOHOL, SMOKING



CAFFEINE



HARD TRAINING



STRESS

✓ YES



SETUP AT THE SAME TIME



EVENING WEAR



COMFORTABLE BED



COOL AND DARK ROOM



BEDTIME ROUTINE



RELAXING BATH

Sleeping Habits

Siddappa N.Byrareddy



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