

# TIPS FOR HEALTHY SLEEP

**✗ NO**



HEAVY FOOD



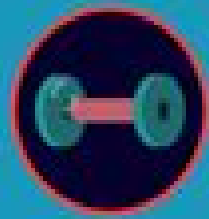
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ALCOHOL, SMOKING



CAFFEINE



HARD TRAINING



STRESS

**✓ YES**



SETUP AT THE SAME TIME



EVENING WEAR



COMFORTABLE BED



COOL AND DARK ROOM



BEDTIME ROUTINE



RELAXING BATH

# Sleeping Habits

**Puja Mehta**



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