Tips for Good Sleep

- Prepare a comfortable sleep environment.
- Have bedtime rituals that condition you to fall asleep.



- Maintain a regular schedule: go to bed and get up at the same time each day.
- Use your bed for sleeping and sex only.

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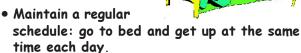


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- Stay away from alcohol and street drugs.
- Exercise regularly, but not right before bed.
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