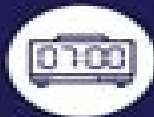




SLEEP HACKS FOR BETTER HEALTH



ROUTINE

Choose a regular time of the day/night when you go to bed and wake up each day.



KEEP YOUR ROOM COOL

Colder rooms help you fall asleep faster and maintain a deeper sleep.



KEEP YOUR ROOM DARK

Sleeping in a dark room reduces the stimulation of light telling your body to be active.



REDUCE SCREEN TIME

Turn off electronic devices 30-60min before bed to reduce the stimulation of blue light.



EXERCISE

Try exercising in the morning. Elevated body temps and heart rate can make it harder to fall asleep.



CAFFEINE INTAKE

Caffeine has a half-life of about 5-6 hours so keep this in mind as bedtime nears.

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Munsey's Weekly, 1902 **Boot and Shoe Recorder**, 1908 **The Publishers Weekly**, 1881 Abel's Photographic Weekly, 1915 All the Year Round, 1864 **Outdoor America**, 1930 **Moore's Rural New Yorker**, 1901 Harper's Weekly John Bonner, George William Curtis, Henry Mills Alden, Samuel Stillman Conant, Montgomery Schuyler, John Foord, Richard Harding Davis, Carl Schurz, Henry Loomis Nelson, John Kendrick Bangs, George Brinton McClellan Harvey, Norman Hapgood, 1865 *New Zealand Farmer Weekly*, 1928 **New-York Mirror**, 1832 *The Rural New-Yorker*, 1901 *The Union Jack*, 1905 **Paul Kelter** Jerome K. Jerome, 1902 **Paul Kelter** Jerome Klapka Jerome, 1902 *The International Cyclopaedia*, 1900 The International Cyclopaedia, 1890 *The American Universal Cyclopædia*, 1882 **The International Cyclopædia** Harry Thurston Pech, Selim Hobart Peabody, Charles Francis Richardson, 1900 **Collier's Once a Week**, 1902 **The publishers weekly**, 1984

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