

1.



MAINTAIN A
CONSISTENT
DAILY
SCHEDULE

2.



REDUCE
YOUR DAILY
CAFFEINE
INTAKE

3.



TURN OFF THE
COMPUTER OR
TELEVISION

4.



DONT GO TO
BED ON A
FULL
STOMACH

5.



DONT GO TO
BED ON AN
EMPTY
STOMACH

6.



**ENGAGE IN
REGULAR
EXERCISE**



7.

LIMIT BEVERAGE
CONSUMPTION
BEFORE
BED



8.



**KEEP YOUR
BEDROOM
DARK &
QUIET**

9.



**INVEST IN A
COMFORTABLE
MATTRESS, PILLOW &
BEDDING**

10.

GO TO SLEEP
AND WAKE
UP USING
YOUR
INTERNAL
ALARM CLOCK



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