

1.



MAINTAIN A
CONSISTENT
DAILY
SCHEDULE

3.



TURN OFF THE
COMPUTER OR
TELEVISION

2.



REDUCE
YOUR DAILY
CAFFEINE
INTAKE

4.



DON'T GO TO
BED ON A
**FULL
STOMACH**

5.



DON'T 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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Judd E. Hollander

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