

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



# Sleep Hacks Deal

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**Sleep** Marie de Manacéine, 1897

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