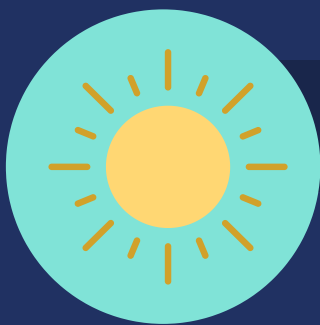




HOW TO GET A GOOD NIGHT'S SLEEP



INCREASE BRIGHT LIGHT EXPOSURE DURING THE DAY

DAILY SUNLIGHT OR ARTIFICIAL BRIGHT LIGHT CAN IMPROVE SLEEP QUALITY AND DURATION

REDUCE BLUE LIGHT EXPOSURE IN THE EVENING

STOP WATCHING TV AND TURN OFF ANY BRIGHT LIGHTS 2 HOURS BEFORE HEADING TO BED



DON'T CONSUME CAFFEINE LATE IN THE DAY

DRINKING LARGE AMOUNTS OF COFFEE AFTER 3-4 P.M. IS NOT RECOMMENDED

REDUCE IRREGULAR OR LONG DAYTIME NAPS

IF YOU HAVE TROUBLE SLEEPING AT NIGHT, STOP NAPPING OR SHORTEN YOUR NAPS.



TRY TO SLEEP AND WAKE AT CONSISTENT TIMES

TRY TO GET INTO A REGULAR SLEEP/WAKE CYCLE – ESPECIALLY ON THE WEEKENDS.



WWW.HEALTHLINE.COM/NUTRITION/17-TIPS-TO-SLEEP-BETTER