5 Tips for Better Sleep

Easy tips to improve your sleep quality

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1 Be Consistent

Go to bed at the same time and get up at the same time every day.

2 Bedroom Environment

Make your bedroom quiet and dark.

3 Disconnect From Devices

Turn off electronics at least an hour or two before bed.

4 Avoid Large Meal

Give your body enough time to properly digest food so that your sleep won't be disrupted.

5 Stretching & Meditation

Relax before bed to reduce tension and calm your mind.

For good health, Sleep 7 to 9 hours per night.

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