HOW TO GET A GOOD Night SLEEP
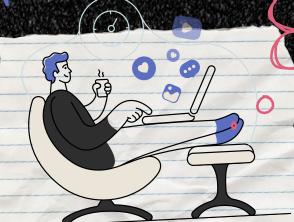
1

ESTABLISH A CONSISTENT SLEEP SCHEDULE

Go to bed and wake up at the same time every day, even on weekends.

2

CREATE A RELAXING BEDTIME ROUTINE

Develop a pre-sleep ritual that signals to your body that it's time to wind down.

3

CREATE A COMFORTABLE SLEEP ENVIRONMENT

Ensure your bedroom is conducive to sleep. This means a comfortable mattress and minimal noise and light.

4

LIMIT SCREEN TIME BEFORE BED

Avoid screens at least an hour before bedtime.

5

EXERCISE REGULARLY

Engaging in physical activity during the day can help you fall asleep faster and enjoy deeper sleep.

6

MANAGE STRESS

Practice stress-reduction techniques like meditation or deep breathing to calm your mind before sleep.