



Better Sleep

Tips For

1.  Maintain a consistent **DAILY** schedule

2.  Reduce **CAFFEINE, TOBACCO & ALOCHOL** intake

3.  Turn OFF the computer or television

4.  Don't go to bed on a **FULL** or **EMPTY** stomach

5.  Engage in **REGULAR** exercise

6.  Limit beverage **CONSUMPTIO**N before bed

7.  Invest in a comfortable **PILLOW**

8.  Keep your bedroom **DARK & QUIET**

9.  Go to sleep & wake using your **INTERNAL** clock