



Be a Sleep-Pro

10 20 30 40 50 40 30 20 10



Avoid taking long naps

Make sleep a priority!

Try to get to bed before you're drowsy!

Expose yourself to bright light in the morning

Wake up at the same time every morning, including weekends



Turn off electronics and put your phone on airplane mode

Start relaxing about 1 hour before bedtime

To calm your mind, write a to-do list or journal your thoughts



Get a comfortable pillow and bedding

Use earplugs to reduce distracting noise

Wear a sleep mask to block out excess light

Find a good temperature that feels good to you

Avoid caffeine within 4-6 hours before bedtime

Limit alcohol use, especially 2-3 hours before bed

Avoid heavy meals right before bed.

A light snack is always OK

Be a Sleeper

10

20

30

40

50

40

30

p-Pro

50

40

30

20

10

Get on a Sleep



Schedule

Follow a



Bedtime Routine

Create a Sleep



Environment

Create good



Sleep Habits

Avoid talking

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