

20 TIPS FOR A BETTER SLEEP



Set an alarm to go to bed



Resist the urge to snooze



Keep your bedroom dark



Power down devices an hour before bed



Cut caffeine out by the afternoon



Exercise regularly



Ban pets from the bed



Make sure your mattress fits



Avoid heavy meals when it's late



Reduce your alcohol consumption



Nap wisely



Take deep breaths (meditate)



Try aromatherapy



Write down what's bugging you



Get checked for sleep apnea



Take a hot bath



Combat snoring



Paint your bedroom a tranquil colour



Try a new pillow



Avoid drinking too many liquids before bedtime



How To Get A Good Sleep Expert Advice On Sleeping

G Psacharopoulos



How To Get A Good Sleep Expert Advice On Sleeping:

Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, Witness the Wonders in **How To Get A Good Sleep Expert Advice On Sleeping** . This immersive experience, available for download in a PDF format (PDF Size: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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