

10 TIPS FOR BETTER SLEEP



1



Maintain consistent
DAILY SCHEDULE

2



Reduce your daily
CAFFEINE INTAKE

3



Turn off the
**COMPUTER
OR TELEVISION**

4



Don't go to a bed on a
FULL STOMACH

5



Don't go to a bed on an
EMPTY STOMACH

6



Engage in
REGULAR EXERCISE

7



Limit beverage consumption
BEFORE BED

8



Keep your bedroom
DARK AND QUIET

9



Invest in a comfortable mattress,
pillow & **BEDDING**

10



Go to sleep and wake up using
your **INTERNAL ALARM CLOCK**

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How To Sleep Better

M Planty



How To Sleep Better:

The Enigmatic Realm of **How To Sleep Better**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **How To Sleep Better** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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