TAKE BACK **YOUR SLEEP**

How has your sleep has been slipping away?



PICK YOUR ULTIMATE SLEEPING ENVIRONMENT

Do's and Don'ts of Sleeping **Environments**

Do: Have dark blinds to keep out light, set temp cooler at night, buy a comfy bed and pillows Don't: Sleep with bright lights, turn the temp up before bed, have an uncomfy mattress



Settle down before bed

EXERCISE AND DIET

Fuel the body and soul

- stay clear from caffeine 6 hours before bed to avoid disruptive sleep
 - eat foods high in tryptophan e.g. greens, chicken, dairy, pineapple, kiwi, banana
 - -exercise in the morning allows for a better night's sleep
 - -moderate exercise > vigorous exercise

REGULAR ROUTINES ROCK!!

Repetition is key to success



Easier Said Than Done

- schedule stressful activities earlier in the day
 - seperate day and night
 - -keep work and sleep separate
 - take this time to read your favorite book

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