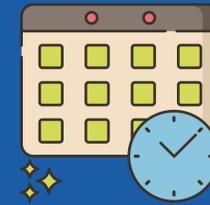


Establish a relaxing bedtime routine that is early enough for you to get at least 7 hours of sleep



Turn off electronics 30 minutes before bedtime



Keep a consistent schedule. Get up and go to sleep at the same time every day even on weekends



Beds are for sleeping, not working or surfing. Leave electronics in another room

# Sleep<sup>zzz</sup> Hygiene

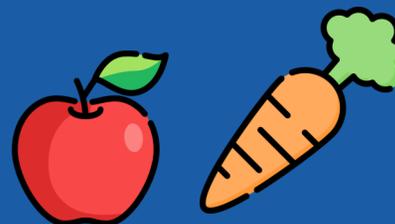


Use a sleep diary



Avoid alcohol, caffeine, and nicotine too close to bedtime

Avoid eating large meals before bedtime. If you are hungry at night, eat a light, healthy snack



Exercise regularly and maintain a healthy diet