



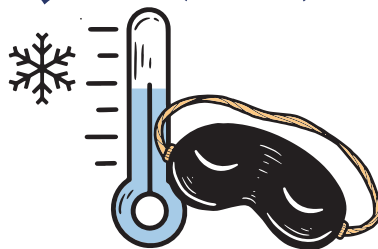
### KEEP REGULAR SLEEP HOURS

Establish a regular bedtime and wake time. If you have daytime naps, try to limit your naps to 45min over the day.



### AVOID LOOKING AT SCREENS 30MIN BEFORE BED

Try listening to a story or quiet music instead.



### MAKE YOUR BEDROOM COSY AND INVITING

Ensure your room is dark and at a comfortable cool temperature.



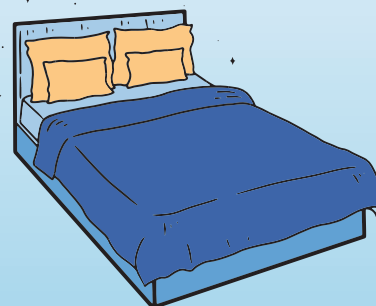
### LIMIT CAFFEINE AND ALCOHOL

Both can impact your sleep quality. Limit caffeine in the 6hrs before bed and alcohol in the 4hrs before bed.



# MAKE SLEEP YOUR PRIORITY

Most adults need around 7-9 hours of sleep each night  
Try these tips for better sleep quality



### KEEP THE BED FOR SLEEP AND ROMANCE ONLY



### MOVE MORE, SLEEP BETTER

Be physically active each day, but not right before bed.