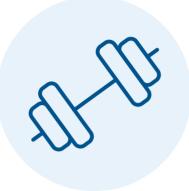
The Recipe for Good Sleep



No screen time before bed



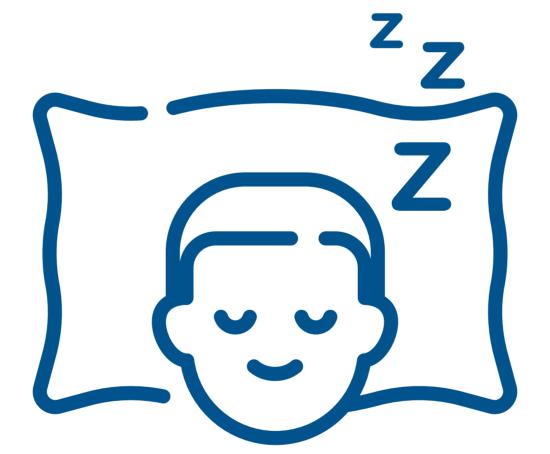
Good environment



Exercise every day



Regular routine





No caffeine or sugar before bed



Read a book



Avoid naps



Use a journal to de-stress

