

SLEEP TIPS

1

SET A REGULAR BED TIME

Set a regular bed time & an alarm 30 minutes before this time.

2

NO CAFFEINE CLOSE TO BEDTIME

6-9 hours before bed = no caffeine.

3

NO EATING CLOSE TO BEDTIME

2-3 hours before bed = finish eating.

4

NO TECH CLOSE TO BEDTIME

½-1 hour before bed = turn off technology.

5

MAGNESIUM SUPPLEMENTS BEFORE BED

1 hour before bed = magnesium supplement.

6

SLEEP IN TOTAL DARKNESS

Sleep in a pitch black room (use eye mask if necessary).

7

MOBILE ON SILENT

Turn your phone onto silent or airplane mode.

8

DISTANCE YOUR PHONE

Place your phone out of arms reach.

9

REGULAR WAKE TIME

Set a regular waking time.

10

DON'T HIT SNOOZE

Don't hit snooze when you wake up.