



Sleep Tips ✨

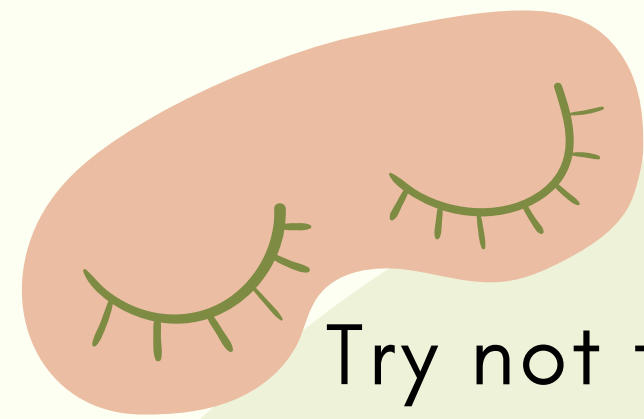
1

Create a sleep sanctuary. Use your bed only for sleeping and avoid activities such as work/ scrolling/ emails/movies on it.



2

Try not to force yourself to sleep. Pay attention to your natural sleep patterns (going to bed when you feel sleepy)



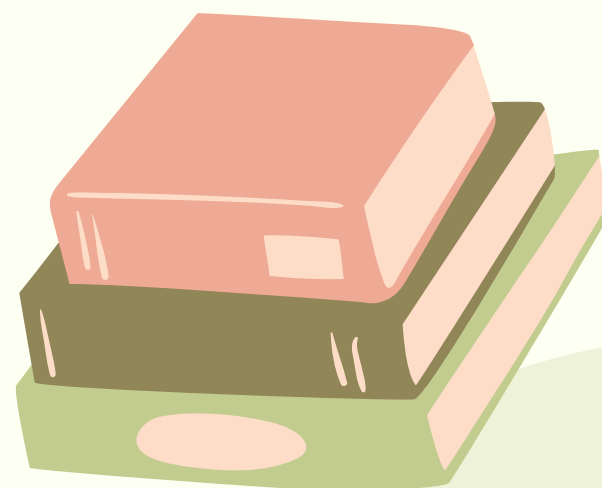
3

Have a wind down routine (washing your face, limiting electronics, taking a shower/bath, etc.)



4

When having difficulty falling asleep for more than 20 minutes- get out of bed and do a quiet activity (like reading on the couch). Then try sleeping again after 20-30 minutes. Repeat until you fall asleep.



5

Keep bedtime/wake up times consistent as much as possible to avoid 'jet lag'

