



Establish a  
nighttime routine



Get up and go to  
sleep at the same time



Create a healthy  
sleep environment



Turn off electronics  
an hour before bed

# Impactful Sleep Hygiene Practices



Limit caffeine



Exercise



Reduce stress



Avoid large, fatty  
meals prior to sleeping

# Easy Sleep Hygiene Tips 2025 For Experts 4963

**M Tight**



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web but beyond these very public explorations author nick redfern seeks to display what goes on behind the scenes at nasa ascertaining whether there is any truth to rumors and speculation about everything from a possible ufo crash at roswell new mexico in 1947 to whether or not the moon