

Sleep Hygiene Tips



Avoid daytime napping and expose yourself to natural light during the day



Set a fixed bedtime and wake time



Limit the amount of time spent awake in bed



Allow at least 1 hour before bedtime to unwind (warm bath, soft music, audiobook). This does not include stimulating activity (computer, electronics, studying)



Switch off the screen in your bedroom and avoid using a bright alarm clock

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Michal Rosen-Zvi



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