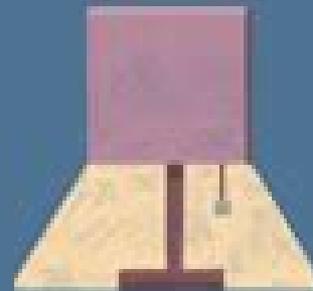




Establish a  
nighttime routine



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

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**Hongru Du**



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- Coping Strategies: Learn how to stay motivated and manage setbacks on your journey to better sleep.

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