



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

# Advanced Sleep Hygiene Tips Tips 35330 73994

**Fingley**



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The Art of Restful Sleep: Practical Sleep Hygiene Tips Fingley,2024

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