



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 Usa For Experts

**Hussin A.Rothana**



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add more cream if it s too dry if making one large tart divide the dough into half

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