

# Basic Rules of Sleep Hygiene to Improve Sleep

- Create and keep a consistent sleep schedule
- Establish a relaxing wind-down bedtime routine
- Turn off electronic devices
- Keep the bedroom for sleep and intimacy only
- Exercise daily
- Manage stress
- Avoid napping, especially later in the day
- Be realistic
- Be mindful of what you consume before bed
- Watch alcohol consumption
- Make your room comfortable
- Put on some comfy pajamas

# Affordable Sleep Hygiene Tips Full Tutorial

**Judd E. Hollander**



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