



**Reduce**  
smartphone  
usage



**Create a**  
nightly  
ritual



**Avoid caffeine**  
4-6 hours  
before sleeping

## *5 Tips for Better Sleep*



**Don't eat or**  
**drink too much**  
at bedtime



**Sleep at the**  
same time  
every night

# Quick Sleep Hygiene Tips 25227

**Chris a Baird**



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