



WANT BETTER SLEEP?

Exercise during the day — but not too close to bedtime.



Avoid liquids, caffeine and large meals before bed.



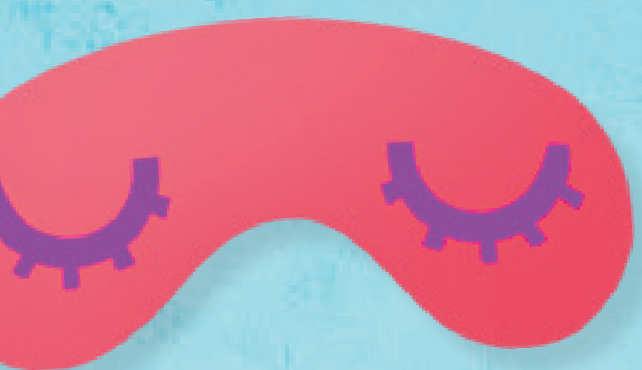
Create a comfortable and relaxing bedroom.

WANT MORE SLEEP?

Avoid screen time an hour before bedtime.



Wind down by singing songs or telling stories.



Keep naps short — and take them before 3 PM.



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