

5 HACKS FOR A BETTER SLEEP

1. AVOID STIMULANTS

Avoid using Stimulants like **Coffee or Tea** after 4:00 PM as caffeine may inhibit Melatonin production.



2. GET SUNSHINE

Sunlight promotes **Vitamin D** which helps in improving sleep pattern and alleviate depression.



3. WARM SHOWER

Researchers suggest a **warm shower** before bed helps people fall asleep faster.



4. LIMIT GADGETS USE

Avoid Using Phones, T.V or any other gadgets **30 mins before** you go to the bed.



5. TRY SLEEP WELL

Sleep Well contains **Melatonin**, a hormone that regulates sleep. Taking Sleep Well supplement can



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RD Boyd



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