

SLEEP HYGIENE

FIVE EFFECTIVE TIPS TO ESTABLISH HEALTHY SLEEPING HABITS

AVOID CAFFEINE DURING THE DAY

AVOID BEVERAGES SUCH AS COFFEE, SODA, AND CAFFEINATED TEA



SETTLE DOWN WITH A BEDTIME ROUTINE

DO THE SAME THINGS IN THE SAME ORDER EVERY NIGHT BEFORE BED, SUCH AS CHANGE INTO PAJAMAS, BRUSH YOUR TEETH, DO YOUR SKINCARE, ETC.



CREATE A SOOTHING AMBIENCE IN YOUR ROOM

TURN ON A RED LIGHT, BURN A CANDLE, DIFFUSE LAVENDER OIL, ETC.



EXERCISE REGULARLY

EXERCISING CONSISTENTLY CAN HELP REGULATE YOUR SLEEP CYCLE



BE CONSISTENT WITH YOUR SLEEP SCHEDULE

GO TO SLEEP AND WAKE UP AT THE SAME TIME EVERY DAY



UNPLUG AN HOUR BEFORE BED.

INSTEAD OF GOING ON YOUR PHONE, READ A BOOK BEFORE BED TO AVOID EYE STRAIN AND PROMOTE A HEALTHIER SLEEP CYCLE



DON'T EAT TOO CLOSE TO BEDTIME



EATING DIRECTLY BEFORE YOU SLEEP CAN NEGATIVELY AFFECT YOUR SLEEP AND DIGESTIVE SYSTEM

Sleep Hacks Injury Report Tips

**Louisiana. Supreme Court,Thomas
Courtland Manning, François-Xavier
Martin, Merritt M. Robinson**

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