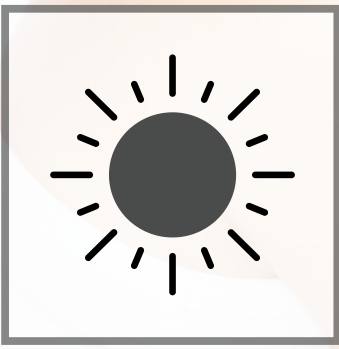
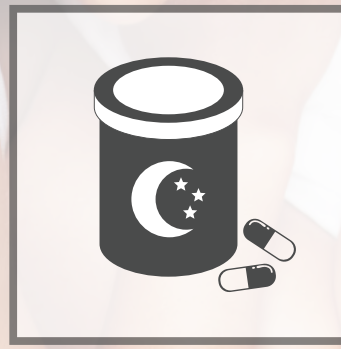


HEALTHY SLEEP

DO'S & DON'TS



Get some sun.



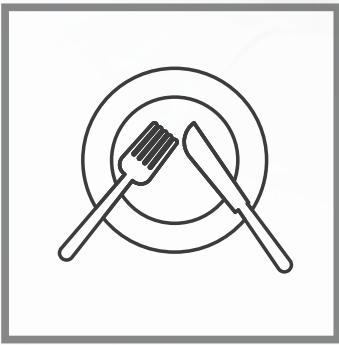
Rely on sleeping pills.



Exercise, not too close to bedtime.



Use alcohol, nicotine, or caffeine.



Eat a light dinner.



Eat a late, heavy dinner & lots of fluids.



Sleep in a dark, cool room with few distractions.



Use LED devices close to bedtime.



Challenge distressing, distracting beliefs.



Take late afternoon naps.

