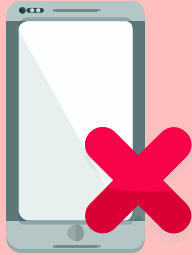


# 5 Tips

## For A Good Night's Sleep

1



### Take a Tech Time Out

Turn off all your electronic devices and stow them **outside your bedroom** at least 30 minutes before bedtime.

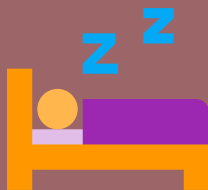
3



### Exercise

Exercising has an influence on your brain, on your mood, on your ability to reflect, and on your health. **Get active regularly.**

5



### Get Cozy

Make your bedroom **quiet and relaxing**. Keep the room at a comfortable, cool temperature. Reserve your bedroom for sleeping only. No devices or other technology!

2



### Go Easy on the Grub

Don't eat a large meal or consume caffeine close to bedtime. If you are hungry at night, eat a light, healthy snack.

4



### Get A Head Start

Prepare for the next day by packing your bags and lunch, picking out your clothes, and tending to other morning tasks so you can **relax before bedtime** knowing these tasks are taken care of.

