

19 TIPS ON HOW TO GET THE BEST NIGHT'S SLEEP



Exercise Regularly



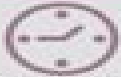
Ban Pets from the Bed



Resist Hitting the Snooze
Button in the Morning



Avoid Drinking too many
Liquids before Bed



Keep a Consistent
Sleep Schedule



Keep the Room Cool



Skip Heavy Meals at Night



Get a New Mattress



Maintain Healthy
Eating Habits



Avoid Alcohol before Bed



Stretch Before Bed



Keep the Bedroom Quiet



Take it Easy an Hour
Before Bed



Watch the Caffeine Intake



Use Separate Blankets
in a Shared Bed



Clear Your Thoughts when
Trying to fall Asleep



Limit Nap Times to
30 minutes



Turn off all Electronics



Keep your Bedroom Dim
or Dark

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Sit'n Sleep
YOUR MATTRESS IS SUPERSTYLING



Recipe Of A Good Sleep Things To Follow Before Sleeping

Rosina Ehmann



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