22 WAYS TO SLEEP BETEREVERY ©BelievePHQ C

LESS CAFFEINE





GET INTO A ROUTINE



BREATHING



BE A SMART NAPPER



WRITE DOWN YOUR WORRIES







AIM FOR 7 TO 9HRS SLEEP





BALANCE FLUID INTAKE



AVOID **WATCHING TV**



AVOID USING YOUR PHONE



TRY USING A **SLEEP DIARY**



STICK TO A **SCHEDULE**



BE AWARE OF WHAT YOU EAT AND DRINK



MAKE SURE YOUR ROOM IS DARK



AVOID BIG MEALS AT NIGHT





FIND YOUR OWN STRESS **MANAGEMENT** TECHNIQUE

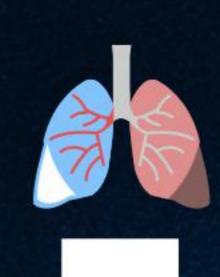




TRY USING **PROGRESSIVE** MUSCLE RELAXATION



STAY COOL



MAKE SURE THERE IS GOOD VENTILATION



TRY VISUALISING A **PEACEFUL PLACE**



GET COMFORTABLE