

# TIPS FOR BETTER SLEEP



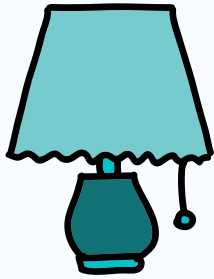
Stick to a regular routine



Wear comfortable nightwear.



Keep your bedroom at a comfortable temperature



Keep the bedroom as dim as possible.



Keep all technology out of the bedroom



Use breathing exercises, meditation and yoga to relax your mind & body



Reduce your intake of caffeine and alcohol, especially during the evening..



Don't worry. Not sleeping is annoying but isn't life-threatening..