



Tips To Sleep Longer:

- Create a sleep-friendly environment
- Avoid stimulants
- Limit naps
- Exercise regularly
- Establish A routine
- Wind down before your set bedtime
- Eat and drink well
- Consider Supplements (like Olli sleep gummies)
- Get enough light exposure
- Manage stress (to the best of your ability)
- Pick a mattress you think helps you sleep better/longer

TOP TIPS