



1. Limit Naps
2. Optimize your sleep environment
3. Avoid technology before bed
4. Exercise regularly
5. Get out of bed
6. Declutter your bedroom
7. Stick to a sleep schedule
8. Save your bed for sleep
9. Establish a bed time
10. Curb your caffeine

11. Get morning light exposure
12. Bathe before bed time

Come Back Next Time! For More:

