Tips for Good Sleep

Greaux Healthy
Pennington Biomedical

Avoid large meals and caffeine before bedtime.

Be active during the day to sleep better at night.

Remove electronic devices from your bedroom.

Keep your bedroom dark and turn out all lights.

Keep your bedroom quiet and at a comfortable temperature.

Maintain a bedtime routine.

Set bed and wake up times at the same time each day, including weekends.

GreauxHealthy.org

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