



## FOUR SIMPLE STEPS FOR BETTER SLEEP

HERE ARE SOME SIMPLE STEPS FOR A MORE RESTFUL SLEEP. TRY TO KEEP A REGULAR SLEEP SCHEDULE SO YOUR BODY'S INTERNAL CLOCK IS SET TO SLEEP THROUGH THE NIGHT.

GIVE YOURSELF ENOUGH TIME TO SETTLE DOWN AND RELAX PRIOR TO BEDTIME SO IT'S EASIER TO FALL ASLEEP AND STAY ASLEEP.

AVOID CAFFEINE AND EXCESS LIQUIDS IN THE EVENINGS.

GET PLENTY OF EXERCISE DURING THE DAY SO YOU FEEL TIRED AT NIGHT.