

Trouble Sleeping?

Insufficient sleep causes:

Fatigue

Drowsiness

Moodiness

Loss of Energy

Lack of Concentration

Establish and maintain a sleep routine:



Avoid caffeine and nicotine three to four hours before going to bed.



Go to bed and wake up at the same time each day.



Create a good sleep environment, including a comfortable room temperature, minimal noise and sufficient darkness.



Aim to get seven to eight hours of sleep per night.

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