



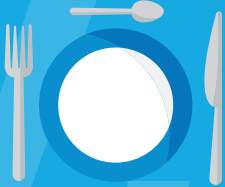
Keep your bed for sleeping; avoid lying on it during the day time



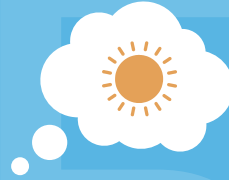
Try to go to bed and get up around the same time every day



Avoid drinking caffeinated drinks after 2pm



Avoid eating in the two hours before you go to sleep



Make a relaxing bedtime routine; clear your mind or meditate



Take a warm bath or shower more than 20 minutes before bedtime



Try drinking a milky drink or a herbal tea like chamomile before bed



Make your bedroom a quite place, free of disturbances



Make sure your bedroom is at a comfortable temperature



Turn off your digital devices and leave your phone outside your room

10 Sleep Tips

For Teens

