

MAKE THE LINK: A BED IS WHERE YOU SLEEP



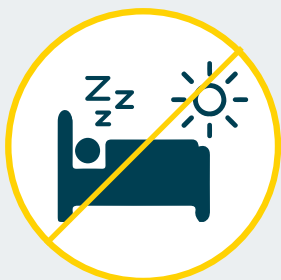
If you can't sleep, get out of bed.
Don't use your phone or computer.



After 15 minutes, try to go to sleep
again.



Use your bed only for sleeping (or
for having sex).



Don't take a nap during the day.



Always set your alarm for the same time,
even if you have had a bad night.