

SLEEP HYGIENE **FOOD AND DRINK**



- Don't drink coffee, cola, tea or energy drinks after six o'clock in the evening.

SLEEP HYGIENE **DO THE SAME THING EVERY DAY**



- Sleep enough. Not too much and not too little.
- Get up at around the same time every day.

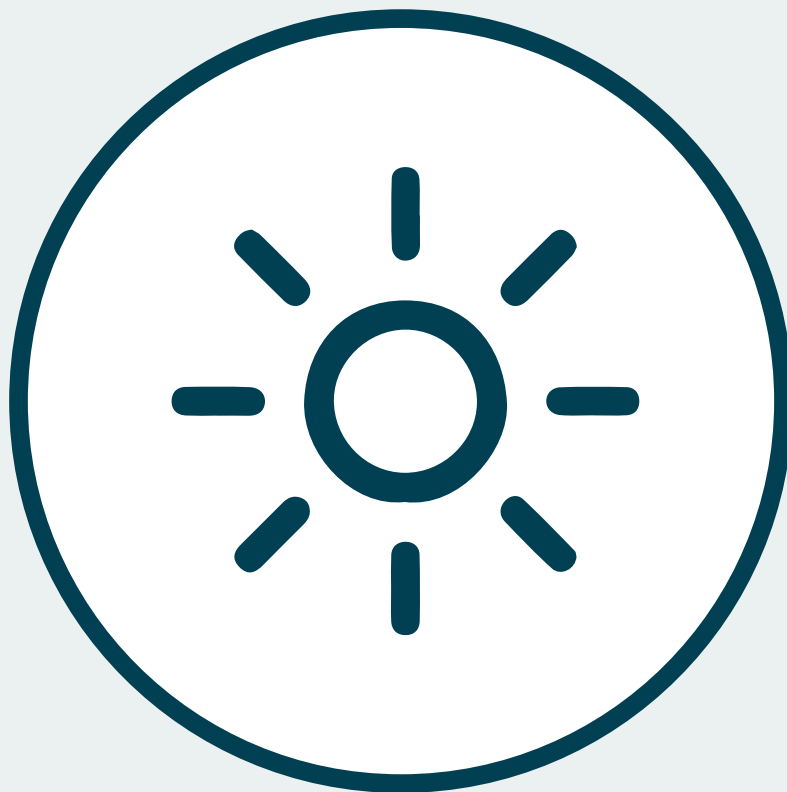


SLEEP HYGIENE **BEFORE SLEEPING**



- Don't work late into the evening.
- Don't exercise late in the evening.
- Don't use your phone or a computer in the hour before you go to bed.
- Make sure you have a cool, dark and quiet place to sleep.

SLEEP HYGIENE **DURING THE DAY**



- **Get up on time.**
- **Open the curtains or switch the light on as soon as you get out of bed.**
- **Keep yourself physically active during the day.**
- **Take regular breaks.**