

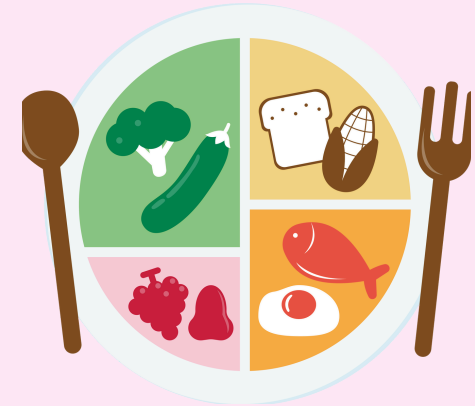
How to Get Good Sleep



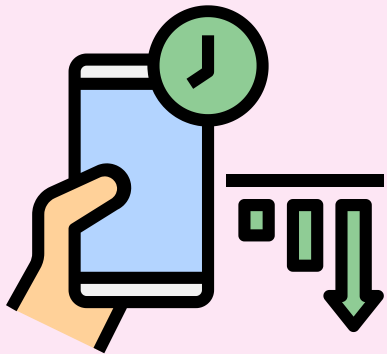
Avoid taking naps



**Avoid alcohol, caffeine
and tobacco**



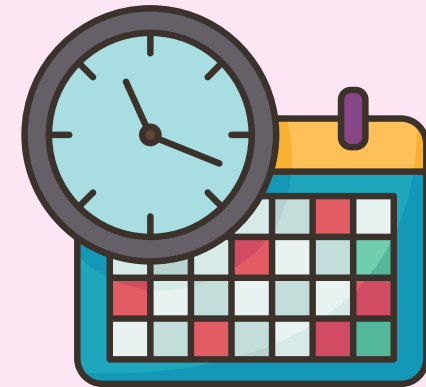
Try not to eat too late



**Limit screen time
before bed**



**Engage in regular
exercise**



**Have a consistent
sleep schedule**