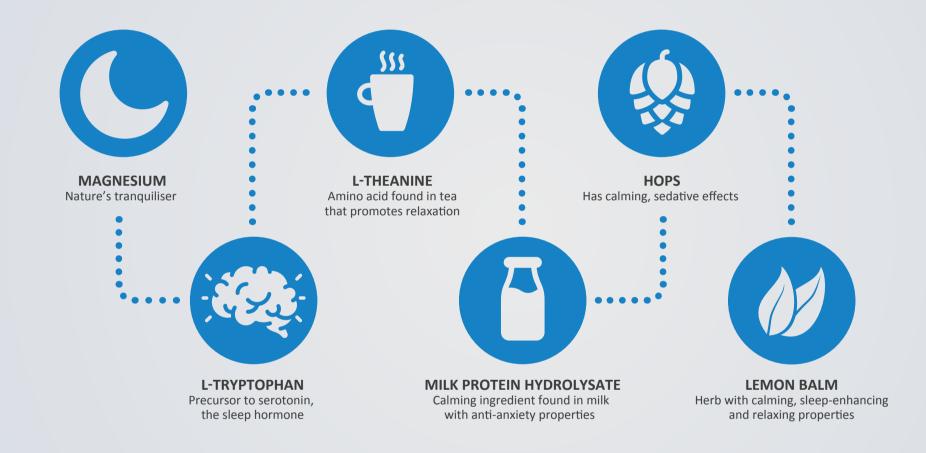


# HOW TO SLEEP WELL

#### LIFESTYLE

# **EMBRACE MORNING LIGHT** Exposure to sunlight earlier in the day induces deeper sleep **REDUCE STRESS** Stress affects sleep quality and duration **PRACTICE MINDFULLNESS** Do yoga. Meditate daily. It clears your mind. **REGULAR GENTLE EXERCISE** Nothing too stimulating and not after 7pm RESTRICT SCREEN TIME BEFORE BED Blue light emitted from screens blocks the sleep hormone melatonin

## **NATURAL SLEEP AIDS**



## **SLEEP HYGIENE**



#### **FOOD & DRINK**

